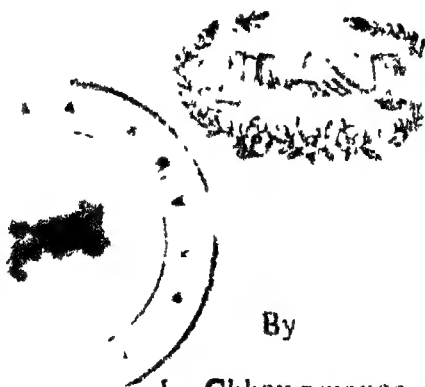


TARHARNA

1st. Edition -- 1982



By

I. Ghhawnmanga

Printed & Published by the Hami Printing Press,
Saiha. G/1000.

TAR HARNA

1st. Edition — 1982
Copy Right Reserved.

By

F. Chhawnmanga.



Printed & Published by the Hani Printing Press,
Saiha. C/1000.

(i)

Kum zab! 21-na kaw! lo êng tur hi thlirin
mibringte hian rei tak dam theihna kan chan leh
tâk thu bi tun aţanga sawi tan a hun tain ka hria
a ni.

Tunah ngei pawh hian rei tak dam theihna
hi kan chang reng tawh a , kan duha kan zawm
theih phawt chuan Eden Aochhia sub lêna chu
a lo thleng reng tawh a ni.

Pathian malsawmna tam tak kan dawnte zing-
ah hian rei tak dam theihna hi a tel ve a ni,

Ka rualpui zawng zawngte leh ka sia upa
zawng zawngte tan he lehkhabu hi ka buatsaih
a ni. A bik takin ka pa tân a ni leh zual.

29.6.82.

F. Chhawnmanga.

A CHHUNGA THU AWMTE

(iii)

BUNG—	THUPUI—	PHEK
1. Nundau thar in tanna.....	1
2. I kum kha theihnghilh hmiah rawh.	4
3. Vitamin leh Mineral	8
4. Chawtha bik te.	11
5. I Lung kha ringngam rawh	12
6. Pumpai nawm lohna.	20
7. Menopause.	30
8. Be (Thengthel)	32
9. Tleirawl i ni leh ta	45
10. Chauhna	47
11. Mit	57
12. In buk rawka khawsakdan.	71

BUNG I. NUN DAN THAR INTANNA.

He lehkhabu hi chu chhiar zawha dah mai chi a ni leh pek lo. Chhiar zawh pawha chhiar leh thin ngai a ni a , chuvangin ngua takin chhiar tan ang che.

Tuo hnua i nun dap zawng zawng chu eng pawh lo ni tawh mahse , he lehkhabu i chhiar a tang hi chuan i nundan i thlâk hmiah tawn dawn a ni.

Kan ramah hin rei tak dam theihua a awm dawn a ni tia ka sawi fo thin kha , tanaa hian chu damreina kawng chu engoge a nih ka sawi dawn ta a ni. Ka zep rei tawh lovang. Amah-crawh cho dam rei duh mi i nih loh chuan i dam rei chuang lo ang a , he lehkhabu pawh hi i tan a tangkai chuang lovang. Dami rei i dua ve chiah erah chuan chhiar zel rawh le

Engtia rei nge dam i duh le? kum za coauh em ni? Doctor thimte chuan mihriagoe hian purtin nâna kum kan mamawh zat let sirin atanga a let sawm leh pali thleng kan dam thei e , a-uh chu! Kum 140 atanga kum 280 thleng kan dam thei tihna a nih chu. Genesis bu kan chhiar chuan mi hmasate cho zikua leh sawm rakte an dam thei th kan hian

Kum zakua chu dam thei dawn pawh ni ita ,
kan duh kher mah nalo. Mahse kumzate , za leh
sawnlite chu kan dem duh ngel dawn lawm ni ?

Tunah bian uam reina ringawt kan sawi dawn
lova , kum sawmrat nih tawh pawha thalai anga
la awm theih. den tur kan sawi zawk dawn a ni.
Kum zahoih hnu pawha duh duha la zin vei vak
thei mihring nih kan tum zawk dawn a ni. Pitar
leh putar , mahni pawh in sengkawl thei bleilo
chu nih kan tum lova , kum 140 mi nih tawh hnu
pawha tu leh fate tana rgahtuah awm bik lova,
mahni kutkea la ding thei mi ni turin kan inzir-
tir zawk dawn a ni

Tun atang chuan upu lam an dam loh pawh
pawh in thalaite sia nasa lehzuala enkawl tur a
ni. Tio, a dam lova pawhin rilru nei taka in en-
kawt tum bawt tur a ni. Thi mai tura ingaih
na hi andam chhung hun a titawi nasa a ni
tum ruhna zawng zawng pawh a hnawt bo vek
zel thin. Thi mai tura ingaihna hian thahem
ingaihna pawh i tibo der zel a ni.

Tun lai kan ram Kristian tam takte hian rei
tak dam hi an duh lo a ni mai thei. Khawvel
hun hi tap tep pawha inzirtirua te pawh hi a la
awm chenwa, mi tam tak rilru chu a titawi vieu
tawh mai thei. Nimahsela, Pathian Program me
chu tu va briatpui theih a ni lova, he leilung
erawh hi chu a ral mai dawn lo a ni tih hi rin
ngam a tur a ni.

Sam buah chuan Mosia tah hlaah, "Kan dam chhung hunte chu kum sawmsarih a ni a. Hrisel-na avangin kum sawmriat pawh a ni thei e," tih thu hi kan hmu a. Dan hnausia cheng Israel fate chu an dam rei thei lo reng a ni. Mahse Mosia ngei pawh kum 130 a dam tih kan hria.

Ni hnunung atan chuan hetihian zawlneiia a lo ziaak ve thung a.

"Mihring dam chen chu thing dam chen a ni anga. Kum zaa thi chu hlazvuh, anchhedawng an ti ang. * tian.

He thu hi mi tam takin kum sang Lal rama Judate hun turah an puh deuh ber. Dik pawh a dik bawh ang. Mahse kan ram tan pawh hian a dik ve tel dawn tlai. Isua Krista avangin.

Chuvangin rei tak dam theihna hi a awm ngei dawn a, a duhta leh a zawngtu chu rei tak a dam ngei dawn bawh a ti.

Tuna kan awm ang mai mai hian kan dam rei thei ang em? Feuh lo mai. Dam rei tur chuan kan khawsak dan zawng zawng leh kan chaw ei dan zawng zawngte hi kan tihdanglam a tul dawn a ni. Kan rilru put dan pawh hi kan thlak hlaub a tul dawn a ni.

Tur hma chuan kum sawm'ruka mi a thihin tur thiah kan ngai thin. Tun atang chuan kum sawm'ruka mi a thau chuan thah thiah ngaih tur a ni. A hna chawv chawv a la hman hman a ni a.

Kum sawmruk mi a nat chuan, ngaihsak loh rukna a awm thin. "Upa lam a ni tawh a," kan ti a.

BUNG II.

I KUM KHA THEIHNGHILH HMIAH RAWH.

Mi tam tak chuan an kum hi an chhiar an chhiar thin a, an vawog run thin. An kum upatna chu an vei a, an aia upa an awm mang loh pbel chuan tar chhia anga awm an han tum nghal mai nia! Chutih lai chuan an aia upa sawm rual vel chu lo awm leh ta sela, an naupang chhe awm leh mai ang. Chutiang chu a ni mai mai.

Kan kum zat bi theihnghilh hmiah tur a ni Lungleia Pianghleia nu chu "Ka pi, kum engzat nge i nih tawh ang?" ka lan ti a. Lu thing nar nar hian mi han eo a, "E, kum sawmbhnhpanga chu ka ni tawh ang," a ti zu nia. A kum a theihnghilh hmiah tawh. Amaherawh chu hên; kan inzirtirna ang chi hi a la hre ve lova, a la zawn lova, chuvangin a kún thai tawh mai

Tunah kum engzat pawb lo ni tawh la, thei-rawl angah inggai ang che

Upa a in ng-ih chuan upa i ni a, tlangvala i in ngaih chuan tlangval i ni a, a upanga i in

ngaih chuan naupang i la ni mai. Kan tehna a zir zir a ni mai. Kum zakua dem tur tan chuan kum za chu nausen kum ang a la ni mai. Kum za chauh dem tur tan chuan kum za chu upat tawpkhawk a ni ve leh thung.

I kum chu eng zat pawh nise lungawi takin pawm hmiah rawh. A bâka i la khawsak dan tur chauh chu ni kan ngaih tuah dawn ni. Suang-tuhna mai mai a ni lova, duhthusâm satljah mai pawh a ni lo. Rei tak dam thei tura Pathian in min siam dân hi kan hriata kan zawm theh chuan, chu chu thu tak a ni mai. Thil tha eng pawh i duh tu tan chauh a ni. Dam rei na leh hriselna pawh hi a duhtu tan chauh a ni. I duh chuan a dante hi i zawm zel ang a, i dam reng mai ang, hrisel takin. I duh loh erawh chuan le, i thu nise.

Upatna ni chêt dânah te, tawng dânah te, ngaihtuah naah te hian a lang thin a. I chêt dânah thalai angin chel, i tawng dânah thalai angin tawng la, i ngaihtuahna pawh thalai ngaih tuahna ang ni sela ticbuan thalai i ni mai dawn a ni.

Amaherawh chu, kawng engkima thalai ni thei tur chuan thil pathum a marwh bik a ni. Pakhatna chu chaw tha a ni a, tin, laksana hrisel

leh chak a ui leh a, a pathumna chu rilru huaisenna a ni,

Taksa chhe lai apiang a thara thlak zel turin chaw tha kan mamawh a. Tin, thil thar engpawh ti ve ngam zel tur leh lo dawngswng ngam zel turin rilru huaisenna kan mamawh bawh a ni.

Rei tak dam hote chuan thil kawng lah in aana an nei a ni.

- (1) Chaw pai tawihna lan an nei tha.
- (2) An lungphu a muangin a rual tha.
- (3) Zun leh êkah an buai ngai lo,
- (4) Rilru handam mi an ni.

Dan naranin kum 40 leh 60 inkara kan chaw ei thin hian kum 70 leh 80 inkara kan hmel lan dan tur leh kan ngaihtuah na awm dan tur chu ni an ti a. Chuti a nih lek phei chuan tun hi chaw tha hlir ei ni huan chi a ni

Eng huah pawh hriselna chhe tawh hi a siam that leh theih a ni. Tlai lua a awm lo. Kum 80 kan nih huah pawh kum 30 kan nih lai ang a kan hrisel theih lohna chhan tur hi a awm lo reng reng a ni.

Chaw hi nuam ti chung zelin ei tur a ni, tuiziate ngaihtuah chung leh taksa tana a tangkai dan tur bre rengin, uluk takin thial tur a ni. Kil

tam vang emaw a lo tui deuh tak vang emaw a, hmanhmawh taka dawh pawp pawp hi chin meiah loh tur a ni. A that lohna chu, chaw thial chip lovo lem chu, chaw paitawihna kawnga puitu 'enzymes' ten an lo chawhpawh tha thei lova. Chutiang chaw hrawmhraw chu ril leh pumpui banga thisen dawhte chuan a bip hlei thei ta lo va. A fe hrawmhraw puiah chuan rannung 'bacteri' ni maktadusi telin an pung ta thin a ni. Chu chuan kua a tipuar thin.

Chaw ei hman hmawh that lohna dang leh chu, chaw rualin bornak kan lem tel thin a, chu chu pum chhungah a lo puam a, vawih leh irhah kan tok thin a ni. Tin, helhte pawh a awin bawk thin. Upin "Zawi te te khan ei rawh" an tih thin bi a lo pawimawh hle a ni. "Zan khat tuisik insualah pawh a thin theih," an lo tih thin te pawh hia dek tak tak a ni. Chuvangin ei leh in kawngah hi chuan hmanhmawh loh hi a hmanhmawh ber a ni.

Chaw tui taka ei reng thei tur chuan zok leh hmuam bi kan bansan ni tut a ni. Kan rannah chuan pankawr ei mi tan chuan chaw ei toi a har viau ang. fuibur leh khaih hmuam mi tan pawh chaw ei tui a har viau ang. Chithlum har deuh hnua thingui in ang ni. Mei zumi tao pawh chaw tui taka ei chu a khât hle. Mei ka hen lai chuan chaw ka ei tui thei rgei lo kô hi

a chawlawl deuh tlát. Thlirim pawh kan hre chak thei hek lo.

BUNG III. VITAMIN LEH MINERAL.

Protein hian taksa chhe laite chu a siam tha zel thin a , eng lai pawhin hna thawk theiin a awmtir reng thin a ni. Carbohydrate leh chaute hian chakna uin pe a . kan che vel reng thei ta a ni.

Vitamin bi chi tam tak a awm a , taksa tan thian tha ber a ni. A pawimawh zual deuh deuh chu a hnuaia tar lan ang hi a ni.

Vitamin 'A' hi hmél tithatu leh minti itawm tu ber a ni. Vun mâm tha tak min neih tir a , mut fim tak min neih tira , palua hrik do let thei turin ralthuam min siam sak bawh a ni.

Vitamin 'B' bi chi hrang tam taka a awm a , an la hmuh chhuah beih zel bawh a . Heni B pawl hian lung a tichak a , hriatna thazâm a ti chak bawh a , tin, zun leh êk mamal taka a awm theih nan a tanpui bawh.

Vitamin C hian taksa bung hrang nrangte hi a ti naupangin awlsan taka che zung zug thein a awmtir a ni

Vitamin D hian ruh leh hâte hi sak tak leh nghet tak, ngil taka awm turio a tanpui a , tin . taksein Calcium a hman theih nan a lo tanpui bawk a. Chumi avang chuan taksa habchawlhna siamtu a ni kan ti thei bawk ang.

Vitamin E hian , upat lama hri lokal tam tak te hi , a lo hnar kiang ve thin a.

I that la! hunte chu a sei theih nao i-taksa in mineralte hi a mamawh em em reng a ni. Taksa a tui tam tak awm reng thei tur hian mineral te chu an pawimawh a , tin, be chi hrang hrang in thil tuhuang an tihchhuah thinna kawngsh pawh mineralte chu an pawimawh bawk Tin, thisena tuisik awm ve hi , a al lutuk tur emaw a thur lutuk tur emaw hi mineral chuan an veng ve tlat a ni.

Calcium leh Phosphorus hian ruh leh hâte hi an ti sak a. Upa lam chuan Calcium hi an mamawh tam tawh tawh thin a ni.

Calcium leh Vitamin D tang kawp chuan briatna thazamte hi an tichak a , taksa a tihahdamin a ti thlamuang a , tui taka mutbilh theih nate a rawn thlen thin a ni. Iron hian thisen dawta oxygen leh Carbondioxide awmte chu a sem rual a ni. Iodine hian Thyroid gland-ica thyroxine a

tihchhuahoa kawngah a taupui ve leh a, chu thyroxine chuan hnathawb chákna te iofiam chak na te min neihir thin a ni. Tin, taksaá thau chuanetlai awm tur hi a vêng tlat bawh a ni.

Dam rei tur chuan protein tam tawh ei a tui a, chu chu bawnghnute-ah te, (1 bik takin bawnghnute tih thurah hian), artuih te, sa lungah te, Sanghi-ah te, a awm tam a. Tin, thlai hring le eng chi tam tawh taka ei a tui bawh ang a, thei tui sawr te, thei chi hrang te pawh hi a tam thei ang ber a ei a that a rinawm a. Tin, ni tin chaw ei bâkah upa lam chuan Vitamin leh Calcium muah hi ei tel thin bawh sela. Amaherawh chu chaw sia Vitamin ei chu ■ thatna a awm reng reng thung lo.

Dr. T. S. Gardner an tih chuan rannungah en chhiona a siam a. Rannung hrisel pangngai ho chu vitamin B₆ an tih Pyridoxine an tih chu pawl khat hnênah a pe a. An dam hun chhung chu za zelah 10.5-in a lo sei ta a. Pawl dangah chuan yeast nucleic acid a pe thunga, za zelah 11.3-in an dam rei phah a. A pawl thumua chu pantothenic acid-in a cakawl leh a, chumite chu za zelah 27.8-in an dam rei leh ta a. Chum bnu chuan a chi thum chuan a pe kawp ta a. Zi zelah 46.6-in an dam kum chu a lo inbelh ta dari mai a ni. Tsa hma a an dam chen tur

nia an hriat zive deuhthaw kha an dam rei belh leh ta nhna a ni. Heng an chaw pêk chi thumte hi khamir (yeast)-ah hian a awm kim vek a ni.

Protein tam tawk, Vitamin B tamtawk Cal, cium tam tawk a tul reng a nih chu.

Vitamin A chu thlai hring leh eag chote hlan Thinh an siam thin Tin, sangha thin mauah nia a tam ber.

Vitamin C chu thei chi hung hung, ser chah ah hian a tam ber. Vitamin D chu nzungah a tam. Vitamin E chu Wheat germ-ah a tam ber.

BUNG IV CHAW THA BIKTE

Khamir (Yeast)

Yeast-ah hian vitamin chi 17 a awm an ti. Vitamin B ho zawng zawng pawh an kim vek. Tin, amino acid an ti chi hi 16 a awm bawh a. Tin, mineral pawimawh chi 14 a awm bawh. Za zela 46 chu Protein a ni taung a, chithlum leh thau leh carbohydrate crach chi a awm lo thawinang a ni.

He khamir hi den pouin bawnghte ah a pawh theih a, thei tuah pawh a pawh theih bawh.

Bawnghte phut: Hei ni a thaina chu thau

a awm lova, protein leh calcium leh vitamin B (riboflavin) a hausa thung a ni. Bawnghnute thar-lâm aia ei zâwk tur chu a ni lova, amaherawh chu ei-in tur dang tichaktu atân hman tur a ni thung. Bawnghnute tharah pawh pawh belb theih a ni. In chi dang reng rengah pawh a pawh theih a, ei tur dang bual (tal) nân pawh a hman theih bawk.

Bawnghnute tibthur: (Yoghourt)

Hei hi vai hovin " dahl " an tih hi a ni. A thur hing tuau mai a, ei than leh chuan luak mai awl tak a ni. Mahse taksa tân a that dan chu khamir ang deuh tho a ni.

Black Treacle: Hei hi kurtai ek chhia tih mai tur a ni. Chithlum an siamna atanga lo awm a ni a, chithlum aini nasa takin a tha a ni. Vitamin B group zinga tam tak a awm a, B₆ pawh, thil danga awm mang lo a li a, betah hi chuan a awm ve a ni. Vitamin B bakah Calcium leh Iron leh mineral dangte pawh a awm nual a ni. Fu tuta mineral awm chi zawng zawng chu betah hian a la kim vek a ni.

BUNG V

I lung kha ring ngam rawh.

Lung natna hi mipui hmelma lien ber niin

an sawi thin a, a dik thawkhat awm e. Mahse, he natna hi a hneh theih ve thung a ni.

Lung hi mibring pian chhuah hma atanga che tan tawh a ni a, kan thih ni thlengia chaw lovin a che a ni. Chuvangin kan taksa bung hrang hrang zingah hian a chak ber leh a tha bera chu a lo ni zawk.

Lung hian rei tak nun a duh a, rei tak nuntir turin a ngên mawh mawh che a ni. A duh dan leh a dam rei theih dân tê hi a awm ve a, chumi dan chu zawm hram hram turin a ngên mêk che a ni.

Ni tinin fong takin chaw ei la, i lung mamawh thilte chu ei thin ang che.

I lung chuan vitamin chi hrang hrang a mamawh a, chumi zinga pawimawh ber chu B₁ hi a ni. Hoa thawk im apiangia Vitamin B chu an mamawh tam leh zual a ni.

America-a Cornell University Medical School-ah chuan volunteer thenkhatte chugah an ti chhin a, hetiang hiau a lo lang a ni.

Vitamin dang zawng zawng a tawkin an pe a, B₁ chiah hi an pe tel ta lova.

Ni hnih thum hnu chuan, an mar phu a lo muang ta a.

Hna an han thawh tir a, rei lo teah lung phu chu awlsam takin a lo rang ta mai a. An lo tlakchham rei deuh deuh chuan, marphu muang leh marphu rang chu a inchlawk ta sek mai a. Marphu rang chu a lo awm tam ta tial tial a. An lung chu a lo puam a, a hma eih a lo lian ta nghe nghe a ni.

B₁ tlakchham ho chuan, an marphu te chu an hre thei ta a, an lungphu te pawh chu fiah takin an hre dut dut thei ta mai a ni.

Lungphu rang (marphu rang) hi calcium tlakchham avang pawh a awm thei ve. Lungphut kar lakah hian tihrawl a chawl tur a ni a. Chumi chawh tir tur chuan Calcium a mamawh a. Taksa-in Calcium a hip loh theih nan Vitamin D in a tanpui a lo tal ve leh bawh a ni.

Vitamin E thlakchhamna pawh hian lung natna tam tak chu a thlen ve awm e. Ontario (Canada-a) an en chhinnaah chuan. Lung natna veite chu an chaw-ab Vitamin E an telh beln chhab ta a, rin ai daihin an dam hma ta mai a ni, a tih chu !

Thaw lak tawina te, awmna te leh lung

natna avanga thil dang a la nghawog chhuah te rêng rêng hi. Vitamin E tam tawh taka an pek chuan, ni thum chhungin an dam thei a ni.

Lung natna nghet tawh deuh tân chuan, Vitamin E (alpha tocopherol) hi 90 mg zelin chaw ei apiangin ei tel sela, thla khai chung. A thla hnih naah chuan 30mg zelin ei tel sela, an dam hlen mai ang. Hei hi Dr. Shute leh a thiante chawh dan a ni.

Lung hian Oxygen a mamawh êm êm reng ■ Vitamin E a ngaih lai hi chuan Oxygen a mamawhna hi a nêp deuh thin a ni.

Lung chuan Vitamin B group leh ■ leh Calcium tam tak a mamawh a nih chu. Vitamin ■ ho hi tuiah azawp theih avangir taksa ah a awm rei thei lova, chuvangin nitin ei belh zel a tul thin a ni.

Thisen dawt (arteries) a lo sak dan,

Blood pressure hi a dang a dang thei tih hi hre onawt ila. Kan thawh rim lai hian a sang ziah thin tur a ni bawh. Tin, kan rilru a phawh lèk lai te, rilrua vei lian tak kan neih laite hian kan blood pressure chu a sang bawh thin. chuvangin, a kum tēla a sang chho reng a nih loh chuan thisen dawt a lo sak ta a pih chu rin lem tur a

ni lo. Chuti pawh lo gi teh reng sela, mi tam tak chutianga awm chung pawh chuan rei tak him takin an dam thei tho bawh. Hetiang thisen dawt sak hi arteriocleró an ti thin a ni-

Hetiang natna lo awm theih dan chu thisen dawt kaw chhung lamah hian thil khal khawihnun ang deuh hi a bet teuh thin a ni. Chu chuan thisen dawt chu a ti khawng a. Chutiang thil bet chu Cholesterol an ti a. Thisen dawt a khawng tawh hnu pawhin blood pressure chu a la tibuan chuang lova. Amaherawh chu ni-khawreiah chuan thisen dawt kua kha a lo zim ta tial tial a, thisen kal vel kha a la pangngai reng si a, lung hna thawh chu a lo haetak ■ tial tial thin a ni. Thisen tam lam thuhmun reng si kha dawt kaw zimta pump luh a lo tul takah chuan lung chuan na lehzu a pump a lo tul a, thisen dawiah pawh a chik chu a na lehzu a tur a lo ni a, chu chuan blood-pressure chu a tisang ta a ni. Thisen dawt chu a pin hmiah chuan mihing chu a thi ta thin a ni.

Hun rei tak chu he natna hi a hnebna an himu chhuak thei lova, tunah erawh chuan an himu chhuak ta.

Cholesterol a lo awm na chhan chu kum eng-emaw zat chhungin an chaw ei-ah vitamin B group zanga choline betaine leh inositol an tel loh vang a lo ni reng mai. Heng vitaminthe hian thau leh

Cholesterol te hi taksa-in a hman zung zung theih nau leh a chhek kual zung zung theih nân an tanpui a ni.

Arteriosclerosis natna veite pawh hi, heng Vitamin chi 3-a an chawm chuan an lo dam thei ta flat a ni. Thisen dawt chhung lam banga bawihhlawh bet flatte chu a lo khawk ta a, thisen in a chhek sawn ta vek a, tichuan thisen chu thawl nuam takin a kal leh thei ta mai a ni. Amaherawn chu chawp leh chilba tha thei mai a ni lova, thla ruk atanga kum khat vel a mam-awh a ni. Chuvangin dawh theih a ngai a ni.

Choline tamna ber chu sa thluakah a ni. Chawh kar khatab Kel thluak emaw Bawng thluak emaw vawi khat chu ei ziah tur a ni. Tin, heng Vitamin pawimawh ho hi chhang urna khamir (yeast)-ah hian a kim vek. Sa thinah hian a kim bawh.

Vitamin B group ho hi thawktlang vek an ni a. Pakhat ei tam chuan a dang ei tam ve a phut a ni. Chuvangin chaw-ah hian B group awmna ho hi ei uar a tha ber.

Blood pressure a san chuan thau tel lo chi hlir ei ngar ngar mai tur a ni. Cholesterol hi ran thau, butter angah te hian a tam a, artuia thau awmah te leh bawng thau ah te, ar thau ahte hian cholesterol chu a tam ber a ni.

Mahse, sa ei lo ho, vegetarian ho pawh hian chutiang natna chu an vei thei tho si. A chhan chu thlai ah hian hriak tam tak a awm ve e, chung atang te chuan taksaah hian Cholesterol chu a lo insiam thei tho mai ni.

Chuvangin i chaw ei apianga vitamin B group telna chaw ci tel zah turin thu intiam ngawt mai ang che. Vitamin B chuan i thisen dawt chhunga bawhlhlawh bet tur e' u a tleng fai zel dawn a ni.

Tun hma chuan High blood pressure vei ho chu Protein lam ei tlem turin an hrih thin hlawn a. Tunah chuan chu chu an ban leh ta. Low blood pressure hi Protein chuan a tisang-in a ngai ni awhir thei e, mahse a ngai sia sangah chuan a awmtir thei lo. Thisen dawtte a chak reng theih ran Protein chu tam tawk tak ei reng tur a ni zawk. Amaherawh chu artui te cheese te ah hi chuan hriak lam cholesterol a tam a vangin yeast len bawrgnawt phutte hi ei zawk tur a ni.

Chi pawh hi thisen sangah hian an ngaih-nawh deuh thui a. A chhan chu chi tam tawk tak chuan taksaah tui tam tak a awm tir e, chu chuan thisen a tisang ve thei a ni. Tin, kai hian hna a thawb that theh loh chuan taksaah chi awm chu a pah chhuak hneh thin lova. Chuvangin thisen san zual laite leh kal that loh laite chuan

chi ei tam hi an khap thin a ni.

Thisen a sân lai chuan, thisen dâwt tîfân tur leh tichak turin vitamin C a lo tul ve leh a. Chuvangin vitamin C tamna chaw ei car a tul baw a ni.

Chaw pat tawih-zawng hian thisen a tisang ve him him baw a. Chuvangin vaw khata chaw tam tuk ci alin tem deha vaw tam zawk ei pawh a tha zawk.

Thi put thin hi uh reh tur a ni. Thi a puh thin na chhan chu thisen dâwt a chak tawh loh avangin a keh thin a ni. Thisen dâwt tichak tu hi vitamin P a ni a, vitamin C kmu chhuak tu Dr. Albert Szent-Gyorgyi baw-in a hnochhuak a ni. A nah hi Yangarian a ni.

Vitamin P chu vitamin C awma hoth hian a awm ve a ni. Ser chi hrang hrangahte, thing hmarcha uring-an te hian a tam ber a ni.

America rama Dr. James Couch chuan thisen dâwt tichak tu thil dang a hmu chhuak ve leh a, chu chu "ratio" a vuh a. Chutiang chu tomato lung leh hhabahre hian tem tem a awm a ni.

Mîmal lo tka chaw ei buan buan te, mîlu habna len englehre te hian thisen dâwt a tiche thei a ni. Damdawi thenkhat thisen dâwt tana a i sa thei aa awm baw. Chungte chu asin te mpha te stilboestrol te an ni. Doctor an lo cu an ei mai mai tur a ni lo.

BUNG VI

Pum pai nawm lohna :

Kum a lo tam tial tial hian, chaw pai tawih-na lam hi a chau tial tialin a lang thin. Hei hi a chhan ber chu chaw ei a that tawh loh vang a ni fo. Vitamin B leh Protein an tlakchham vang a ni deuh ber.

Vitamin B an tlakchham chuan pumpui leh ril tawm vel thin khân chakna a nei ta lova, a che nep hle a nih pawhin a che thei lo emaw a ni a. Chuti a nih chuan chaw titawih tu thil tuiril leh enzymes te chu chaw nen a in pawh tha thei ta iova. Chaw pai tawih mumal loh chu pumpui leh in banga a lo hip lut tu tur nen khan an intawng remchang thei ta lova, thisena kal tur zat chu a kal thei ta thin lo a ni.

Chutiang chaw pai tawih loh leh thisena kal ve thei lote chu rannung (bacteria) maktaduai engemawzat chawmtu a lo ni ta reng mai a ni Kawpuar leh vawih leh irh te chu a lo lan chhuahna a ni ta a ni.

Protein mamawh tawh a awm loh chuan chaw pai tawihna a buai thin a ni.

Chaw pai tawihna thi pawimawh (enzymes) te chu protein atanga siam a ni a, amino acid thi

zawng zawngte chu a pai vek bawh a ni. Protein a tam tawh loh-in emaw amino acid te zinga pakhat emaw pawh a kim loh chuan enzymes te chu a lo insiam tâwk ta lova, chaw chu a pawlh hneh ta thin lo a ni.

Chu lo rengah pawh, Protein kan tlakchham chuan ril banga tihrawlte chu an lo chaklo ta êm êm a, elastic rul tawh ang mai hian, sin singseng, dul hnik hnekin an lo awm ta thin a, rilfângte chuan an hna thawh tur ang chu an thawh thei ta lova, an chaw hip bângte chu Bacteria tân in-thlahpunna remchang tak a lo ni leh ta zel a ni.

America rama Mayo Clinic an tih ah chuan doctor thiam ten thil an chhuinaah, mi chi hrang hrang taksa an zia a. Mi tapawh, a pumpui a gastric juice lo chhuak thin hi a thur that vian chuan, chu mi chu dam rei dawn tihna a ni. Vitamin B tam tawh hian chutiang thil thur chu a awm tawkin a tichhuak reng thin a ni.

Pumpuia gastric juice thur tha tak a awm reng chuan Bacteria hlawm ho kha, rilfanga an lut tur a veng tlát a ni. Pumpui thur tih reh nana Soda emaw Chingal emaw in fo hi apha lêm lo a ni.

Rei tak, hrisel taka dam thil tur chuan pumpui thur hi aput tlát a niin chu.

Mi lupawh' a pumpui a thur lutuk chuan a chaw ei dan thlak (tih danglam) a tul a ni. Pro-tein leh vitamin B tam tawh a mamawh a ni.

Mi rilru hah leh mei zuk beh tak ho tân chu-an hahchawh hi an damdawi ber a ni ang. Eng-ge ei tur nra, engtia ei tur nge ni? tih pawh an zir a tul bawh ang. Chaw an ei-in rilru hahdam takin, bengchheng awm mlah lovin, uar lutuk lovin, an ei tur a ni.

Rang lutuka chaw ei hi pumpui tân a tha lova, rilru zauthau tak chung a chaw ei hi a tha lo bawh. Hmanhmawh taka chaw kan ei chuan boruak kan iem tel thin a. Chu chu pumpui chhungah a lo luma, a lo puam ta a. Chu chuan thin sat verg vengna te, pum natna te, irh te, vawih te a thlen thin a ni

Chaw ei ran lutuk chuan chaw tlang lian pui puia dawh a lo awm lo thei lova, chu chu a pawh-tu enzymes te chuan a pawh tha tawh thei thin lova, an hna thawh tur angin an thawh thei thin lo a ni.

Chutichuan, mahoi kutkawih pumpai nawm lohna zawng zawng cou kan pumpelh thei ta vek a ni.

A hmasa berin taksa taga pawimawh tur chi hrang hrang ei pawh tur a ni.

A pahnihaah chuan muangchanga chaw ei bi zhi tur a ni a, chaw hi sawm tha taka thial tur a ni.

A pathumnaah chuan pumpui hi a zawh loh khawp thil pêk rêng rêng tur a ni lo. Vawi l-a tam tak ej ai chuan tlem deuh a vawi tam zâwk ei mai tur a ni. Pumpui a chak loh tawh chuan kan chaw eite chu a brui tiatkuat lam chi a tel tur a ni lo, protein leh vitamin B lama hausa a ni ngei tur a ni.

—X—

ÊK KHAL:

Mi dam rei, kum za dam te chuan pum lam insawisela hi an nei lo viau thin an ti. A hun-bi dik takah an daileng thin a ni.

Êk khal lo awma chhan hi rilpui chak tawk loh vang a ni. Rilpui bang tihrawlte chu a lo chak lova, êk chhuah tur sawr chhuak zo lovin chawltir a, eka tuiril awmte chu ril bangin a nip zo vek si a. Êk chu a lo khalin a lo rum ta em em mai a ni.

Vitamin B tam tawk biau rilpui chu a ti-chak ta a, chuvengin Vitamin B tam tawk awma chaw kan ei chuan ek khal chu kan tireh thei dawo ta a ni.

Rilpui hna thawh pakhat chu tui vawn that leh thisen zinga semzai tir hi a ni a, Rilpuia chaw a chām rei lutuk chuan, a tuipai zawng zawng kha a kang ta vek a, a lo sak ta em em a ni. Tichuan ek chu a lo tâng ta thin a ni.

KAL (Kidney)

Kal bi taksaaw bawlbhlawh zawng zawng la khawma, path chhuak tu an ni. Kal-ah hi chuan thisen chik a na bik a, chumî bâka thisen sâng a lo awm leh hian kal chuan a tuar zawh loh hun a lo awm thin a ni.

Kal tibuaitsu pakhat leh chu lungte sak tak lo awm thin bi a ni. Hetianga lung chang tak a lo awm theih nachhan hi vitamin A tlakenham yang a ni. Vitamin A tam tawh taka pek chuan, chu lung chang chu zawi zawiin a ral leh ta a, zun zingah a chhuak leh thei ta a ni. Thlai ei-mi (vegetarian) te hian tbei leh thlai tam tak an ei a, sa leh artui leh bawngghnutê an ei tlem lutuk thung a, an zun chu a lo al (alkalin) ta lutuk thin a ni.

Zun hi a thur tâwk tur a ni a. A thur tawh chuan zun dâwt a natna hrik lo awm thinte chu a tihlum vek thin a ni. A al loh erawh chuan natna hrik a puulun thin. Zun-in a lo awm chuan vitamin B leh vitamin A awm tamna chaw te chu

et tur a ni. Bawngbnute leh be kâwm nei chite hian zunah acid a titam a. Chuvangin chutiang thlaite chu ei uar tur a ni bawk. Tin, Protein tamna sa leh vitamin 'A' tamna thlai, carrot te leh thlai hnah hring tha thate chu ei uar tur a ni bawk.

Mita lung awm :

Mita lung awm hi thil mak tak a ni. Hmeichhia-ah leh mî thau-ah leh kum 40-mi vela hian a awm duh bik an ti. Nu zaidam thlep thlup aaga langte hian an nei duh lehzuah.

Rilru laa. zir mite pawhin pu thenkhat, pawn lam laa dana dam thluam si, rilru chhungri lama enghelh nei ru teuh si hote hian mita lungte awm ni an vei deuh bik an ti tlat bawk.

Mita lungte awm hi Cholesterol atanga rawn insjam a ni a, Cholesterol chu mit atanga lo chhuak a ni. Hrisel pangngai tân chuan, mit bawm tibrawl hi chak tawk takin a tawm a, a chhûnga mit tuite chu a sawr chhuak vek thei thin a. Mahse chaw a vitamin B a tlakchham chuan, (B, hi a ni deuh ber a), mit bawm tibrawl chu a lo chak tawk ta lova, a tul angin a tawm thei ta thin lo a ni. Mit tui an in thawn chhuah zawh theih loh takah chuan, Cholesterol kna thil rit tak a lo li si a, a tla khâwm ta a, a lo sak ta tial

tiel thin a, lung angin a lo awm thei ■ a ni. Chu lo rengah pawh, chaw-a vitamin chi dang dang, inositol te, choline te, betaine ■ a lo awm loh chuan cholesterol kha a lo pung ta vak mai a, a ruh ta tlai mai thin ■ ni. Heng lungte hi a lo len chuan mit bawm kawngkaah a leng ta lova, mit tihrawl chu lo chakin lo sawr hneh tehreng mahse, a sawr chhuak thei ta lo reng reng a ni. Chuvangin a zaia zai chhuah emaw a lo tul ta thin a ni.

Rilru busina: Hei hi vitamin B zitga Biotin an tih tlakchham vanga awm thei a ni.

Dr. Sydenstricker an tih chuan mihring volunteer ho chungah a chhin a. Chaw tha tawk tak, biotin chauh tel lohnaia a chawm blawm a. A volunteer te chu an rilru a ngiin a buai ta en em a, nahni intil lam an tam ta hial a ni an ti. Chumi avang chuan a tizui ngam ta lo nghe nghe a ui.

Sweden rama Scientist hovin mi a thi tawhte thluak leh minaran thi thluakte an zaiin an entawn te a. Mi a ho thluakah chuan thi pall kim lo a awm an ti. Chu chaw adenine te, Thymine te, cytosine te, guanine te an ni. Heng chaw chi h'ang hrangte hi sa thic-ah te, bawng leh beram thluakah te Kal-ah te hian a awm a, chhang urna khamir (yeast)-ah hian a awm bawh. Heng thilte hi a khathawka ei fo tur a ni.

Khawvel mihring 20 zinga pakhat hi rilru kim lo emaw rilru buaina engemaw nei an ni e, an tih chu. Chaw ei dan tih danglamn heng âna lo awm theihna chhante hi kan hoeh thei dawn a ni.

NERVOUSNESS.

* Ka nervas derh tlai, tih te hi kan sawi ve fo thin. Kan nervas chuan kan taksa ah awm hle hle theih lohna a awm a, kin rilru a hambaih zo vek thin.

Hetianga kin awm hian kan taksa in thil tlakchham a nei a lo si thin. Calcium leh vitamin B a tlachham a ni.

Scientist hovin ah chhin nash chhian chaw ei vitamin B group zinga a engemaw ber pawh a awm loh chuan, tih tih an awm loh chuan. B6 (pyridoxine) an tih phei hi chu a awm loh chuan tihawl a che der der a. Kut leh Lute pohl a inthing nawr nawr thei a ni.

Putar lu thing nar nar thin te hian vitamin B6 an tlachham a nih hmel a ni.

HAIHAWINA. Haihawtna hi upat vanga awm a ni lova. Chaw ei atang bawkin a lo awm thei a ni.

Philadelphia Damdawi ina dam lo ho chhang an a chhin a. Vitamin B group zinga mi chi

hrang hrang, a mal te te-ja an pe hlawn a, an rilru planpui chu a ngai reng nân an hriatrengna. te an ngaituahna te chu a lo chak ta deuh a - Vitamin B group pumpui an han pe leh ta vek hlawn a, chutah chuan hriat thamin, an rilru ngaituahna te chu a lo chakin a Chiang ta zawk hle a, an thil hriat reng theihna te pawh chu nasa takin a lo pung ta mai a ni.

An en chhin lehna pakhatah chuan, amino acid zinga pakhat glutamic acid an tih chu thluak a enzyme insiamna bulpui ber, (Principal Components) a ni a. Chaw-a glutamic acid an belh chuan, rilru a lo chak ta sauh mai a ni. Chu bakah thil zir theihna a lo pung, rilru a lo fim lehzual ta baw a ni. Tin, hriatrengna a lo chak a, thil hriat pawh a lo Chiang lehzual ta baw a ni.

Glutamic acid hi protein zawng zawng denb-thaw-ab hian a awm na-in bawnghnute-a protein awmah hian glutamic acid chu a tam lehzual a ni. Chuvaingin bawnghnute thar lam te, bawng-hnute phut te, butter leh a anpui chi hrang hrang te hi glutamic acid tamna chu an ni ta vek a ni.

I haihawt e m a w, i rilru ngaituahna a nuam vlaw emaw pawhin kum khaw awm den turah ngai lo la, tihdam theih natna a ni tih hriang che.

Rub ramna

Rub hi upat avanga ram kher tur a ni'lo. Rub ramna chhan hi chu hun, rei tak, rub tana chaw tha kan ei tawh loh tawh avanga lo awm thln a ni. Ramsaa an en chhinnaah chuan, rub tana chaw tha dik tak pek reng chuan, rub hi upat lamah a sak tawh tawh a, a khawng in a nel tha tawh tawh mai a ni, an ti :

Rub chuan Calcium leh Phosphorus a mamawh ber a. Chungte chu vitamin D tel lo chuan taksa-in a hip lut thei si lova. Vitamin D chu chaw nazawngah a lo awm leh lova, Sangha thin thau (Cod liver oil) atanga ei a lo tul thin. Tin, ni engah hian vitamin D chu a tam ber bawk.

Rub tuamu, rub no ang deuh hi protein atanga siam a ni a. Protein a tlakchham emaw acid a tlakchham emaw chuan a khi chat thin. Heng protein cell te hi thil fan thei collagen an tih hian a tuam a. Collagen chu vitamin C taupuna in a fan in a tawm thei thin a ni.

Chuvangin rub chang leh nel tha tak nei tur chuan calcium te, phosphorus te, protein te vitamin D leh C te kan tam tawh a tul a nih chu. Rub chu a tliak mai mai thei dawh ta lova. A tliak palh nib pawhin naupan lai ang thovin

tha takin a dam fel leh thuai thei a ni tib hi briat
lat tur a ni.

Mi tam tak chu upat lama an ruh a tlahin
dam tha thei tawh lo turah an ngai thin a. Chu-
tiang ngaihdan chu palh hleuh tawh tur a ni.

BUNG VII

Menopause: Hei hi hmeichhia-ah chauh
a awm a, an upat lama thi hul hun hi a ni. Thi
hul awmzia chu chithlabna hmaorua, nau pai thei-
na thilte a lo tawpna hi a ni. Kum 40-pelb tawh
hi chuan hmeichhia tumabin fa pai leh hi an coak
tawh lo theuh reng a ni

Thi hul tan tirh lai hian, thi neih tan tirh lai
ang bawkin thil eng eng emaw, awm ngai lo chi
kha a lo awm thin a. Taksa sat pup pup laite a
awm a, zan mut blana thlan sat chiente pawh a
awm bawkin. Taksa a bah dam lova, rilru a
hahdan lo bawkin. Hetiang thil hi a awm kber
tur chu a ni lova, mahse taksein chaw eng ang
emaw a. Taksein awang zawnkin, thi hul tirh hian
hetiang hian an lo awm thin a ni ber. Hetianga
an awm chuan an chaw ei-ah Calcium leh Vitamin
B pek belh tur an ni. Calcium chu Vitamin D
tel-in ui sela.

Thi put tam lutuk ve thungah chuan Vitamin E hi a pawimawh ve leh a. Chaw ei kham apiang-ia 60 mg. zel ei tur a ri. Vitamin F hi thi bul tawhte harsatna enkawl nan chuan an hmang tengkal tial tial a ni.

Nute hian an thi neih hun chhung zawng zawngin iron leh copper nasa tak an lo tihchhuah towh avangio, chumi lama hausa chaw pek thin an tul a ni. Kawrtaj ekchhia (black treacle) te, wheat germ an tih te leh sa thin te hi pek fo tur an ni. Heng hi iron leh copper tamna an ni. Tin, beng bakah hian protein tamna chaw artui te, bawngnute te, sa te, yeast te an ei bawh tur a ni.

Hmeichhe hrisel pangngai tan chuan inpiwl chakna a bo chuang lo. Eng chen pawh a la awm thei tho a ni. Tin, naupai hlaahna a awm tawh loh avangio, zalên tak leh thlamuang takin inpawl-na hunte chu a hmang thei zawk, tun hma zawng zawng aini a nuam tibna pawh a sang zawk dath thei tho a ni.

Hmangaihna dawngtu nih leh hmangaihtu nih hi mihring pianpui rilru bian a chak tlal reng a, chu chu a nih kawp chuan a nung chang chu a lo mawh thin a, dam chhung hun lo thleng apiang lo dawng turin a ropeih reng thin a ni. Inpawl-na hi taksa leh thlarau (rilru) khawih kawp

theitu a ni tlat a, induhsakna han tihlan tawn hi-
an rilru a tjamkim a, induatna leh ialainat tak
takna a rawn thien ta a, chu chuan nungchäng
pumpui a siam tha ta a ni.

Mi dam reite chanchin an chhuina atanga
an thil hriat chhuah chú, upat lama nupa him
taka awnte hi hrisel takin rei tak an dam thei a
ni, an ti. Inpawina hi taksa piänken pakhat a ni
ve a, chaw leh tui kan mamawh chhuog chuan kan
mamawh ve tho a ni. Mahse upat lamah mi tam
takin bansan tur emaw an thin hi thlak tak
a ni.

BUNG VIII

BE. (Thengthel)

Kantaksab hian theogthel chi hrang hrang a
awm a, hna thawh pawimawh tak ao gel theuh.
Heng thengthelte hi chaw-a chawm that theih an
ni vek.

Thengthel chi hrang hrangte chu heng te hi
ao ni :—

- (1) Pituitary gland.
- (2) Thyroid gland.
- (3) Parathyroid glands.

- (4) The Adrenals.
- (5) The Pancreas.
- (6) The Sex glands.

Pituitary gland : Hei hi be pakbat chauh a ni a, hnar phenah, thluak hnuaiah chiah hian a awm a ni. Amah cnu gram 1 emu sawn a then a hmuu ruk vela rit chauh a ni. He be hian be dang zawng zawng chu a thu nun vek a ni.

He be te reulte hian hormone 10 emaw vel lek hi a siam chhuak a. Chumi sawm te chuan be dang zawng zawng chu an thu nun ti hlawn a ni. Chutiang hormone pakbat chuan tun leh tisa thang chho tur a enkawl a. Hormone dang pakhatin tisa chakna leh chhuak hna thawh dan tur zawng zawngte a rel sak a. Tio, a thein thyroid gland leh pancreas (ril bawh) te a lo thunna ve bawh a. Heng bakah hian thau insiam tur te, thau chu khawh lai laah nge an awm ang tite a rel sak bawh a ni.

Pituitary gland a lo chak loh chuan kawng bawr velah thau a lo awm kuai pup thin a. Chu bakah mipa hi hmeichhia ang deubin an awm a, hmeichhia an nih chuan mipa ang deubin an awm chung a. Sex glands a te tial tial a, tisa chakna an nei tlem ta tial tial thin a ni.

Hetia an awm chuan an theingthei kha a hma fe atengin hna thawh mei lovin an lo siam tawh

tiha a ni. Sa thau leh Carbohydrate an lo ei nasa lutuk tawh a, pituitary gland-in a sem rual seng tawh lo tiha a ni mai.

Hetianga awm tawhte chuan an chaw ei dan an thlak danglam a ngai a ni.

Pituitary gland a chak loh chuan chhulah a ngawnga, a hun hma-in thi hul a awm thei thin a ni. Kawng lehlanuah chuan. Thyroid gland a that loh chuan thi hul pangngaihan thi a hul ve lo thung that a, thi hul hun a tikhawilai ve thung a ni.

Pituitary gland tana chaw tha chu, Protein awma chu, sa te, aitu te, butter te, brownghute te hi an ni. Maugarese tamna chaw wheat germ te sa thin te. Alu te, badamte ang hi a tul bawk. Wheat germ-ah hian vitamin E a tam a, chu chu Pituitary gland hian a mamawh em em bik bawk. Tin, heng bakah hian vitamin ho ziwng ziwng a mamawh a, B group hi a mamawh lehzuai a ni. Bawoghoute thur (dahi) ah te, wheat germ-ah te yeast-ah te heng vitamin leh mineralte hi an awn kim vek a ni.

Thyroid Gland: Ko ngethel ni pakhat chauh a ni a, hrawk bawk chungah chiah hian a chuang a ni. He be hi rilru leh taksa veng kawptu a ni an ti.

Thyroid hian thil tui hoang a tichhuak a, chu thil tui chu eng lai pawhin thisen zamah hian a

kal tei reng thin a, taksa bung hrang hrangah bian a insem darh thin a ni. He be hi lâk boya a awmin emaw. hna thawk thei lova a awmin emaw chuan, tha lai ngatte pawh hi an tar bawih bawih mai thin a ni. Thyroid gland chungchang chik taka chbui thin tu Dr G. W. Crile an tih chuan, he Thyroid hian hormone a tichhuak a, chu hormone chuan mihring thothatatna hi a siam a ni an ti.

Thyroid hi a chak loh emaw a thachhiat viau emaw chuan hreichhiat mipatna kawngah an chau em em a. Thyroid gland a chaka a taimâk viau chuan hreichhiat mipatna kawngah an thothat a tha em em thung a ni Khawvela mipa hmingthang, nula tar a saw, huai huai kat-ho hi Thyroid gland chak lutuk neite an ni vek. Thyroid gland chu Sex glands chawh chotu ber a ni. Hreichhiat mipatna kawnga phurna nei nang lo ho hi Thyroid gland chaklo tak neite an ni.

Thyroid hna thawhte zinga pawinawh tak pakhat chu thau kan ral hi a ni a. Thyroid a chak loh chuan taksa hmun hrang hrangah bian tnau chhanglat a awm teuh thin a ni. Taksa siam thatna hna, (metabolism) leh tnau kan ralna hna thawktu hormone hi Thyroid chuan a tichhuak thin a ni Chu Hormone hming chu Thyroxine an ti a. Iodine deuh ngawt a ni. Kal chaw

ei-ab hian Iodine a tlem viau chuan Thyroid chuan hna a thawk tha thei ta lo a ni. Chuti a nih chuan awrpuar a lo awm a, awrpuar satliah chauh pawh ni lovin ual thla duah duahte pawh- in a awm thei ta thin a ni.

Rilru chak lohna te, thil hriat reng theih lohna te, mut chhuak reh thei lo te hi Thyroid chak loh vang vek a ni.

Pian nalh taka awm theihna te harhvàng taka awm theihna te, sam leh tin leh hmél sar nalh taka awm reng theihnate hi Thyroid mawh phurhna vek a ni. "Hmél thatna siamtu" tiin vuah ila, a sual awm love.

Chaw dik lo kan et chuan he be hna thawh hi kan tibuai thei a. Tin, rilru nguina te, hlaubna te, lungkhamna te leh rilrua thil vei neih reng te hian he be hi a tichau thei bawk a ni.

Thyroid tha leh chak nei thei tur chuan kan chaw ei-ah Iodine a tam tawh tur a ni. Iodine a tel loh chuan kan tar hun hmáin kan tar mai dawn a ni. Chu chauh ni lovin, kan chau deuh reng anga, kan tun hma thathonate kha khawiah ngo a awm tak le ?? tiin kan mangang mai thei bawk a ni. Iodine kan tlatchham chuan tisa a dul-in a nghet lova, kan rilru a thatchhia a, thil engmah hi kan tuipui tak tak thei thin lo. Tin, lum kan ti tâwk lo deuh reng bawk a, kut leh ke

ah phei chuan vawt tih iúkná a awm reng thin a ni.

Thyroid gland-in a mamawh ber chu vitamin B, hi a ni. Thyroid hrisel leh chak tawh nei tur chuan hêng chawte hi ei thin a tul a ni.

A pakhatnaah chuan Protein tamna, sa te, artul te, butter te, bawnghnute te hi ei tam ila. A pahnihnaah chuan Iodine tamna. Chengkawh te. Tuikép te. Salmon (Sangha) te bul ubh (madish) te. Sapbawkbawn te, cod liver oil te hi ei tam tur a ni. Tin, heng bikah hian vitamin B chi zaang zawng awm khawmna, khemir te, bawnghnute khal (dahi) te leh kurtel ekchhia te hi ei tam tur a ni. Dam rei i duh chuan i chaw ei apiangin Iodine telna chi (salt) hiar ei ang ca. Van-neih thlak takin Mizoram Sawrkar pawhi chi a Iodine telhna hmun an siam ve tâk khá .

Para -Thyroid Glands .

Hêng bê te hi Thyroid gland sir tak ve vea awm en ni a. dan naranin pah an ni. Thyroid gland aian an te dakh a, an phur an gran khá t buk emaw lek an ni. Arat urga rum sawl deuh an ni.

Heng, Parathyroid gland-te hian taksa calcium awm hi en sem ruah a, hmun khat lain a tlakchham chuan hmun dang ami an la, a awm lo laiah an sem thin a ni. This na calcium a awm

them chuan t ksa chauhna te a thlen a, rawl nat
 deuh them thûena te a thlen thei bawk a, t hrawl
 kara nat zawk zawk te pawh a awm thei thin a
 ni. Calcium leh Phosphorus a inbuk tâwk leh
 chuan rilru him lobna te pawh a awm thei thi
 Thisena calcium a awm that tawk chuan taksa leh
 rilru a hahdam a, phâwklêkna leh rilru zauchauna
 te a awm lova. Tin, ruh leh hâte pawh chak tak
 leh khawng takin a awm reng thin a.

Parathyroid gland te chu eng lai, a chh chak
 leh thil ti thei taka an awm reng thei nân. Cal-
 cium timna chaw, bawngnaute te butier te ci tam
 tur a ni. Calcium mum ei dawn chuan Vitamin
 D mum ei tel zel ang che, Vitamin D tello huan
 taksain calcium chu a hmang tang ti thei lo a ni.

A D R E N A L S :

Hetiang be lu pahaih a awm a. Kal (kidney)
 chug ve veah an awm a ni. Adrenal te nân
 hormone chi khat Adrenalin an gih chu an ti-
 chhuak thin a. Chu hormone chu, harsana kan
 tawh châng leh hlauhna kan tawh chângte hian,
 thisen a insem darh tuin a, che huan hua seana
 leh hlauhawm taka rilru nmal tak put theihna in-
 i pe thin a, inven dan tur emaw che ve dan tur
 emaw mie ngaituhtir thei thin a ni. Lwm lu-
 tuk vang emaw lungngaih lutuk vang emaw, thu
 thintbawog thutah emaw kan thok wai leh nân be-

ng hormone te hian min lo tanput a ni. Thisenah adrenalin a tleni chuan kan chung a thil thlengte kan lo dawnsawona kawngah hian kan muangch-ang(van-ha) ruth mai a ni.

Adrenalin hian tahsaa tur lut thin te hi a lo th t zel thin a ni. Thil tam tek labrit loh te chu a ni. bawh mahse, mi thaaun an hnat theih chiah ngawt pawh, vanho eki (Nicotine) te, suan (Ic d) te, leh chemich thil dang dangte pawh- in he be hi a thhe thei ve thung a ni. Tin, he be hian hoa a tbawh thit theih loh chuan sam a tuak duh b w k

Adrenal tan chuan protein th tawk bākah chi leh vitamin C te. A te leh H no zayng zawng- a hi a pawngah a ni. Vitamin C chuan tur tih- bora kawngah a tanput a. Vitamin A hian a in- low tan g lut thin a ni. B group ba h a adrenalin sam chhuahna kawngah a tanput bawh a ni.

The Pancreas - Hei hi rilbawh kan tih hi a ni. glands zinga chhiar tel ve a ni. Rilbawh chuan hormone chi khat insulin an tih chu a siam a chuan insulin hoa put ber chu, taksaa chi thlum glycogen an tih hman zai leh dah that chu a ni. Pancreas chu a chhiar a, insulin a siam chhuah loh chuan chhulum chu hman lohvia zunah a

chhuak ta thin a, chu chu zunthlum (diabetes) kan ti thin a ni. He be hi inchi engemaw zata sei a ni a, taksa kawrawnng lalah hian a kham-phei deuhvin a awm a ni. Insulin a siam bakah hian enzymes a tichhuak a, chu chuan rilfanga chaw awm chu a pawlh thin a, protein te, thau te, chithlum te leh starch te chu a tiawih ta thin a ni.

Zunthlum kan tih ni, a chbau dangte chu lo awm bawh mahse, chithlum leh thau ei tam lutuk hian rilbawh a tirim lutuk a, nikhaw reiah chuan hna a thawk thei ta lova. insulin a siam chhuak thei ta lo a ni. Rilbawh chau tawh ti-chak leh tur chuan vitamin B group ho bi ei tam a tul a ni. Tin, chu bakah dahi leh khami te hi ei tam ni se, ni khat-ah thirfian khat zel a tawh ang.

The Sex Glands : Be dang zawng zawng chu lo tha ta pawh nise, Sex Glands a that si loh chuan nun a famkim leh dawn lova. Chuvangin he be, hmeichhiat mipatna vawngtu hi, a pawimawh jeh hle a ni.

Mi tam takin he be hian hna kawng bnih a thawk tih an bre lo mai thei. Kawng bnih Chiang takin hna an thawk a ni. A pakhatna

chu, chhungril lamah thil tih chhuah an nei a, chu chuan taksa a siam tha thin a ni. A pahnhna-ah chuan, pawn lamah thil tih chhuah an nei leh a, chu chuan chi inthlah chhawn zelna a siam thung a ni. Chhungril lama taksa siam that leh na bi kum upat lamah chuan kan mamawh em em leh zual a ni. Vienna- a Dr. Steinach an tih chuan thil a hmu chhuak a, mipa chi chang kal-na kawng, vas deferens an tih chi a tihpu sak hlawn a, mipa chi chhuak tur kha a chhuak to lova. Chu chuan taksa thothang that na a siam ta a ni. Hetiang insiam hi tunluah chuan khawvel pumpuiah an us to em em ni.

Kan sawi tam ber chu, kan Sex gland te hi engtin nge hrisel takin kan awmtir reng thia ang? tih hi a ni. A pawimawh hmasa ber chu chaw tha tawk ei hi a ni phawt ang a. Chaw tha tawk chu eng hi nge ni, tin huat a pawimawh leh ang a. Vitamin A,C,E leh B pawl ziwng ziwng ni a mamawh ang a. B zingah pawh pantothenic acid te, para-aminobenzonic acid te leh folic acid te hi a pawimawh zuala te chu an ni.

Bulgary rama mite hi an dam rei in an hrisel em em bik mai a, a chhan ber ni awma lang chu bawnghnute thur (dahi) an ei tam vang min alang

Vitamin A hi chhol leh prostate gland hrisel-tu atan a pawimawh a, hi geth au bi chhiar dik-

tu atan pawh a tangkai a ni. Vitamin E hi sp m
(oil sên) siam san a pawimawh em em baw k.

Vitamin B ziuga engpawh hi kan tlakchham
chuas hmeichhiat mipatna kawngah kan tlahnian
ngei a mahse a bik takin pantothenic acid kan
tlakchham hian a rang leh zual bik a ni. Iron e-
maw vitamin C emaw a tlêm lutuk chuan, zawi
zawia inpawl chåk loh tial tialna a lo awm thin.
Vitamin E hian tilmu leh chbul a ti hrisei ve ve
a ni. Tin Vitamin E a awm loh hul hual chuan
mipat theih loh hlenna a thlen thien a ni.

Chul hian hna a thawh that theih loh chuan
awmah leh malpuiah te hian than a lo awm thin
a, chu chu dannararin kum 40 vei atangin a awm
tan chach a ni. Chutianga thau chu ngilai a lo
awm chuan chaw ei dan tihdauglan a tul a ni.

Mpa ziugah chuan, hlauhna te lungkhamna
te hian mipat thein lohna a thlen thei thin. Uot
lamab a ni leh zual. Chutiang hlauhna leh lung-
khamna te chu vitamin B pawl tlakchhamna avang-
in a awm thei a, tin, miin a taksa chanchin a
hriat tawk loh avangin a lungngai-in a hlau-
thawng thei baw k a ni.

Tisa chåkna hi kan taksa chhuagrila SFX
glord te thil titchluaba zirin a resair a nasalo

mai a ni. Mi tâng deh khawmna (Concetration Camp) ah te chuan, mipat hmeichhiatna hi a hahniem em em zel a ni.

Ramsa theekhatu an chhinnaah, protein tlachhama an siam te leh amino acid tlachhama an siam te chuan inpawl chakna an nei tlem tial tial a, chi tlah lovin an awm thei hial a ni, an ti. Chung rannung te chu protein tam tawk takin an han chawm leh ta a, inpawl chakna an rawn nei leh ta a, chi an inthlah leh ta a ni. Amino acid chi khat arginine an tih chu ramsa in a nei h miah loh chuan chi a tlah thei mlah lo an ti. Tlangval zinga an enchhinnaah chuan arginine tam tawk lova chawhkar khat an awm hou chuan mipa chi (sperm) an uhchhuah thin chu nasa takin a tlem ta mai a ni.

Doctor pahnih Reynolds leh Macomber an tih te chuan calcium tlakchhamna hian arginine tlakennam ang bawkin nghawng a nei ve a ni, an ti. Vitamin A a tlem lutuk chuan chi bung a irsam tlem bawka, a zual viau chuan mipat theih lohna hial pawh a thlen thei bawka.

Thsu lutukna : Zungawl veite bâkah chue chaw heb lutuk te hi mahni tâna thil tha lo ti mek tute an ni. Zu hehho chuan zu a carbohydrates an ei tel teuh a, chaw hehho pawhin car-

bohydrate leh chithlum an ei tam lutuk a ni.
Heong hi an tan chuan tûr (poison) a ni si a.

Zungawl veite chu an lar êm êm a, van-
tlangin an ngalmawh viau baw a. Mahse chaw
ei tam lutukte hi chu ngalmawh nachâng kan
hre lo. Chhôngkua an tibuai lêm lova, vântlâng
pawh an tibuai lêm lova, mahse anmah ni tan
chuan zungawl vei ang thovin a paw si a ni.
Chaw heh ho chu an nihna tak aia an lang upa
zâwk a, nuib an tiza em em baw. Khabe pa-
thum lai au nei a, thau chuang tlai, chhung 3
tlai zet tur an pai baw a, ngaihno bei chu khi
lamah ! An damchbung hun oho a titawi tial tial
baw. Hemi thu hi Insurance Company ho hiao
an hre hneh khawp mai. Min a awm aia a
kawng iochi khata a tih leo chuan, kum khatin
a dam hun a titawi a ni. Iochi hoih a nih chu-
an kum hoihin a titawi a ni. Chutiang zelin, io-
chinga-a a inthlaub chuan kum nga-in a nun a
titawl tihna a ni mai.

Zungawl vei tawh reng reng dam rei an awm
thei lo. Mahni mal chung a sa chan an ni. Chu-
tiang bawkin mahni taksa dub taw aia ei tam
te chu mahni mal chung a sa chan an ni ye. Mah-
ni tana thil tha Bretu chuan ei luat leh in luat
hi chu a ti ngai lovang.

BUNG IX
TLEIRAWL I NI LEH TA

Kan nulat tlangval laikhanlan lo' m'ahm
awh lutuk ani. Nupa pasal kumneri solote-
ah Chhangchhiat m' nang ngah t- Chhang
chhiat a kanreh chu an upa lampangh kumneri
a. Tumawngbeng kumneri phai chu an far ta
biahah kan ingai t' thin t' ni

[illegible]

Mahse chuang tu c' a to h' i n e

I chhangchhiat hui tsiu tsiu tsiu tsiu tsiu
hne thawk thei ru tsiu tsiu tsiu tsiu tsiu
pawh thei rawl tsiu tsiu tsiu tsiu tsiu
hman tan ve tsiu tsiu tsiu tsiu tsiu
an "Hei rawl" tsiu tsiu tsiu tsiu tsiu
rawl tsiu tsiu tsiu tsiu tsiu
thawk tsiu tsiu tsiu tsiu tsiu
Nang chu hui tsiu tsiu tsiu tsiu tsiu

High schoolah pawh lutin lehkhah zirzan leh ta mai che. Fuienge dâl che? A tlai tawh i ti elo? La tlai ngang. Iunah kun sawmnga pawh lo ni la. kun sawmruk i thin chuan. Matric i pass hman lutuk, kun sawmsar i nih-in B. A. i pass hman daih. B. A. i pass hou-ta kun sawmnga lai chu i ibatuna i la chhawr thei dawn a sin.

Mitam takin kan fate kan ngaituah kan ti a, kan loo tha zawog zawog an tan pêk vek kan tum thin. A dik lo. Kan fate chuan hun an ngah lutuk. Kan hun kan hman hmasa phawng anga, kan fate chuan an mahni hun chuan la rawn hman ve mai dawn a lawm. Ka ei ai ka fate pe ila, kei chu thi ta thui si ila ka fate chuan nu leh pa nei lova ei in chu nupman ti chuang lovang. Kan fate tan hian kan dam hi a pawimawh ber zawk a ni. Kan nup hman hian an nua kawng tur chu zawh ve sela, a che fuh emaw an che sual emaw hi nu leh pa ten hman pui zel thei ila a hlu zawk daih a ni.

Chuvangia fate an puitlin velch hian nu leh pate chuan oulat tlangval kan tan lei chih tur a ni. Intih oulat emaw intin tlangval emaw ni lovin nula tlangval kan nih lai hun kha kan chen niw leh dawn tihna a ni zawk. Chuvangia a kawp chawia hman a nih loia chuan a theih dawn love, nupa lungval tuka he hun thar bi hman a tul a ni.

Mihring dam chen chu, puitlin nâna kum a-mamawh zat let sarib atang let sawm leh pali a ni thei a. Chuti anih chuan kum 140 atanga 280 thleng kan dam thei a ni.

"Mihring dam chen chu thing dam chen a ni ang a, kum zaa thi chu hlamsuih Anch-he dawng, an ti ang".

Tuna kum 50 lek la nite chu kan tleirawl ve êk-âwk chauh a ni e. Upat leh naupan thu hi chu rilru put danah a inghat ber a ni, "tleirawl ka ni" i tih chuan tleirawl i ni mai a. "Upa ka ni" i tih chuan upa i ni mai

Tleirawl kum 50 chauh i la ni mai thei, tlang-vel kum 70 mi pawh i lo ni mai thei. I hmaah kum tam tak nun tur i la nei tih hria la, i rilru chu nasa takin buatsaih ang che. Khawvel inher zel bian finna nasa tak a rawn hai chhuak zel dawn a, chumi finna thar lo lang zel tur chu lawin taka lo dawngsawng ve zel thei turin lo inbuatsaih ang che.

BUNG X CHAUH - NA :

Upat tamah chuan kan chau hma bik in kan hie thin A dik ang. Mabse kan chauh hmâna-chhan hi kan upat vang a to ni hauh lo mai. Chaw tha kan mamawh tawh kan ei loh vang a ni.

America rama Damdawi In lian pakhatat chu-
an Nurse-ho engemaw zat chuagah thil enchhinna
an nei a, Nurse thothing tha tak tak kha thlahring
tharlam pakhat mah ei lovin, sa leh bawngnute
leh artuite ei miah lovin an han awm ta a. Thlai
chhum hmin lutuk te, chhangthawp te, chithlum te
leh buhtui hnangete ringawt an rintir hlawm a. Rei
vak loah chuan, chung nula harb tak tak ho chu
an nungchang a lo dang lam ta a. Aa awm hle
hle thei lova, joralring reng ang hian an awm a,
an chiente mitmham chhuah chak hial khawpio
an lo awm ta a ni. An chau ngawih ngawihin an
in hria a, an chauh zual deuh ve leh chaw chu ei
tam deuh deuh an tum a, an ei tam pob leh an
chauh chu a zual deuh deuh mai a ni.

Chauhna hi thil tha lo tak a nih avngin a
zualkai hman tihreh ngei ngei tur a ni.

Kan thil ei reog reog hi sawisak danglam vak
loh (natural form) hi ni thei sela, a tha ber chu
a ni. Buh leh wheat hi a vai khawk tawh chauh
a den nise, chutanga chhum tawp mai chu a tha
ber a ni. Chini ai hian Kurtai ek chhia (slack-
treacle) hi a la tha zawk bawh a ni. Hetiang ei
thang chu an chau har bik em em a ni.

Kan chaw eiah chuan vitamin B-ho hi an tam
tur a ni. A bik takin B₁ (thiamin) hi a pawimawh
Vitamin B-ho hi kan taksaa chakna thahrui(energy)
tichhuak tu an ni.

Vawi leh khat a chak thut i duh chuan, Vitamin B tamoa chaw te hi ei tam la, tichuan i chak thuai mai ang. I ei dan tur chu. khamir rawt dip hi thirfian lian khat zelin bawnghte-ah telh la, ni khat-ah vawi thum in thum ang che. Bawnghte a awm loh chuan, thei tui sawr e-maw thlai tui sawr emaw nen chawhpawh la in ang che.

Upat lu a chauh theihna h h n dang pa khat leh chu, protein-ah hian amino acid a awm a, chu acid chuan chakra samu cozyme a sam chhuak ve thung a ni. Upat lu a h h n tam takin protein awma chaw hi an thih h n m thut thin a ni. Protein hi thirwl atn te, theng thei zawng zawng tan te leu chakra tashr a sam nan te hian a piwmaah em em si e. Ni khut i chaw ei-ah khân protein gram 60 aia tlen i ei a nih chuan i chaw mai thei a ni. Chaw ngin gram 60 emaw a aia tom emaw ei zsh tum ang che.

Chauhna chi dang, hotê mui pokhat chu, thisena chinlun a lo tlem thut hian a lo awm ve thei bawh. Hetaung hi chu hwa tur i turuk dadi chaw ei thah h n m tova che h n a ni duh deuh ber. Taksi mamvav tak a a m ei thin la a ni.

Dam rei duh chuan thut an chham i ahmin hou a an chham reng tur iat tova, thlai hel zar

rawi (saled) tam tawh an ei tur a ni a. Bawng. houte thur (dahi) khamir leh kurtai ek chhiate an ei fo bawh tur a ni. Chu bakah Vitamin A & D leh Vitamin C hi a mum is an in chhawp reng tur a ni a. Chi tel lova chaw kan ei lo ang hian hêng Vitamin pawimawhte tel lo hi chuan chaw ei loh tur a ni. Tin, Calcium leh iodine te leh iron tablet te pawh ei tel fo tur a ni. Tin Heriang chaw tha ei than bâkah hian hahchawh dan thiam a tul leh ta a ni.

Hah chawh dan tha

Taksa hahchawh tir dan hi sawi mai aini a har. Chaw tha eng ang pawh ei mah ila kan taksa a hahchawh thin loh chuan kan dam rei chuang lovang.

Hahchawh kan tin nian chaknacha hru (energy) pakhat mah hman lova a ni a ni a ni.

Len ziek thiam tak, na pakhat chuan, "Vei kan neih chuan kan upa hmel a, riiru hah dam taka kan awm chuan kan naupin hmel thin," a ti a ni.

Thul vei ren rûn kan neih chuan kan hmel a chhia a, riiru hahdam taka kan awm chuan kan hmel a tha deuh sawt thin reng a ni.

Taksa pawh hi hahdam takin awm tir ila. a tlo dawn a ni. Mi ngaihna tawm ho hi hmel tha an ni vek lem lo. Mi hahdam apiang hi an bul a awm duam kan t' theuh mai a lo ni. An mah-ni an hah dam i, an bul a awm te pawh min ti-hahdam sawng sawng thin a ni. Mi ropui tak tak te hi chuan betiang hahchawlh dan hi an thiam vek a ni.

Tleirawl lai chuan hahchawlh hi a har lo-va, kan pianken ve reng er a tih tura ni. Fui-tlin hou erawh chuan hahchawlh hi a lo har ta a, a zir a zir a lo tul ta tlo ni.

Darhlalangah in en la, i hmai kha han hahchawlh tir dawn ten chhin. I hmel kha en la, "chawl hahdam rawh le. Chawl rawh, chawl zel rawh," tiin mahni leh mahn han mnrilh ila, hmel lan dan chuan ngun takin er reng ila. Minit brih vel hnu chuan kut phaba mat hupin. khupa kiu nahatna i mit chu zawinein han mabitchhing la, i kut chuan nem miah lovin hup i. engmah ngaih-tuah lovin awm la, i chaw t'm tak takin la la, nuang changin chhuah leh la. Chutianga minit khat i awm hnu chuan, i mit chu la hup reng la, i mi mu te chuan chawl veka an tla dawn hial emaw tiin ngai la, chutianga chuan minit bhat vel awm leh ang che. Chumi hnu chuan i ka leh i kha be te kha chawlh tir leh la, i lu kha i hma-

lamah uai thlak tir la, chhete maha tang lovin,
i ringte chu awm tir ang che.

Chumi hnu chuan dathlalangah chuan han
inen leh teh le. I hmel chu a lo danglam hle tih
i hmu ang. I mitte pawh an la tle leh zual ang-
a, i thil hmuh pawh a fiah sawt ang.

Petianga i taksa bung brang brang hah
chawltir dan i thiam hunah chuan i tar thei
tawh lovang. Hah chawh dan hi kawng brang
brang a awm a, tih chhin theuh-pawh a tha viau
a ni.

A letlinga mut : A letlinga mut hi taksa a
hah chawltir danah chuan a awlsam ber nio
lang. A zangthalin mu ila, ke lam chu lu lam ai-
in sang sela, lu pawh awm aiin huiam ngei se.

A tih dan tna ber chu chaw ei dawhkan a ke
pang khat kam sân, emaw khum mawng lam kam
sân emaw a ni mai. A insan hleih na chu fit
khat vel nise a tawh ang. Chutah chuan lukham
tel lova mut zangthal mai tur a ni.

Hetianga mut hian, taksa a thil tui awm zawng
zawng, hnuai lam zawng a awm tlal rengte kha
a let ling zâwngin an han awm ve ta thung a, ke
lam ngawta kal thin te pawh lulaniah an lo kal ve

ta a. Taksa, a awm ngai a awm reng chu a kham
thôm thinin kan bria a, kan han chet danglam-
nuam deuh huaia kanhre thin ang hian, chunglam-
a awm thin huai lama a han awm ve thung a,
huai lama mi chung lama a han awm ve thuog
hian, taksa chu a lo hahdam huai huai thin a ni.

Thluak leh taksa bung hrang hrang thisen
dawng tha tawk lore chuan an lo dawng tam ve
thei ta a, a lo hahdam ve ta a ni. Hmrai leh
hrawk vel te pawhin thisen a lo dawng tam ta a,
a lo chak phab ve leh a. Luruh leh samte thleng
pawhin betia thisen rawn kal tam ta hi lawmawm
an lo ti ve ta a ni.

Hetianga mutna âwaah hian nitin minit 15
zelin vawi hoih tal chu mut thin tur a ni. Hei
hi rulpuiludin aiin a hahdam zawk a, a tha zawk
bawk a ni. Kephah kham blaah blaah te, ke
vung ber bur te chu a awm ngai lovang. A mut
bur tha ber chu hrahawh hah hrah ni se, a
tha ber a ni.

Dul vun uai thla hruk tawh te hi a ip
chhoh a har viau tawh a, mahse hetianga mut lai
hi chuan a tawm chho vek thei a ni. Chuvangin
dulkiar te tân phei chuan a tha leh zual a ni.

Pumpui sawizawi dao :

Khum awiah chuan a zangthelin mu la,

(I lu lam hniem zâwkin). I dul chu ip phai phawt la. Pakbat-pahet chhtar la a pakbatnaah chuan ip phai la, a pahetnaah ip lehwal la, a nathumnaah i pum pul leh i hnungzang ruh in-khawh hial turin ip ang che. Chutiang chlah chuan waw sewm thleng chhtar la, tichuan indul leh ang che. Chutiang ngat chuan waw 10 vel tih tur a ni.

He insawizawina hi a tangkai em em a ni. I tih than hau chuan khaw hmenat p wa a tih theih vek tawh a ni. He insawizawina hien i kawng hawr leh i dul thao tur chu a veng tlat dawn a ni. Hemi i tih than chuan upat lama ko-ki vai thla te, dul fual tma hruk te, nghawng leh hmai chuar tep tep te leh, a tul lo lara lo bawk tok tuk tur te a veng dawn a ni. Pum chhungah hian taksa peng pawimawh zawng zawng a in-khung khawm a. Chu lai wawngru chu a brisel a, a chak phawt chuan taksa pumpui tan a thlamuan thlak a ni. Dulkiar tak i lo nih tawh pawm, betang insawizawina hi i betih chuan ni 30 stanga ni 60 inkrah i dulkiar chu a reh vek mui ang.

Kawng i kalin, rin ngil zawh angah innagai la, i kezungpui ngil takin chhiep ang che. Mi pawimawh tak angin tak la, i ke vel lam leh diog lam chu rin ngil chur g zawnah chuan chhiep zel ang che.

I thăwk zăwagin bunbi fel tak nein thaw ang che. I thaw chhuah lam kha a tâwp rât thlengia chhuah la, a hip lam chu amabin a lo inrel chawp mai ang. Ni khatah vawi khat emaw tal chu thaw hlawp hlawp khawpa bahin tlin thin tur a ni. Ui i neih chuan um la, naupang chhaih tur an awm loh chhaih la, um rawh.

Khaw lafa i kal pawhin mipui sâng tam tak zinga lawmman dawngtura kal angin kal ang che. In chhunga i kal lai pawhin a changtupa emaw a changtonu emaw ni awm takin kal thin ang che.

Muthilh: Tui taka muthilh theih hi Pathlan thil thlawp pek a ni a, a blu êm êm a ni. Miá tam takin an muthilh theih loh avangin mutua blo an ei thin a. Chumi avang chuan an dam chhung hunte an titawi thin a ni.

I muthilh theih loh pawhin pawl ti reng reng suh. Pawl i tihna chuan a timubil thei lo lehzuai ang che a, pawl i tihna chuan i tan thil tha lo a rawn thlen zawk ang.

Mubil thei lo mi tam takte chuan hah-chawh dan an zir hnu-in muthilh dan pawh an lo thiam ta tih kan hria. Muthilh theih lohna chhan hi, chaw-si atang bawkin a lo awm leh a. Chaw chi braung braung pawimawh tak tak chu

awm bawk mahse, a bik takin calcium leh vitamin D hi a pawimawh a, a dawtah vitamin B₆ a pawimawh leh a ni.

I muthilh theih loh chuan, calcium leh vitamin D inpawlbhin ei thin ang che. Calcium lactate te, Calcium gluconate te, dicalcium phosphate mumte hi a ei tlak vek a ni. Mut dawnin mum hnih emaw ei thin ang che. .

I muthilh theih tho lai pawhin calcium tamna chaw te hi chu thlahthlam chuang sub ang che. Bawnghnute tibthur te, bawnghnute phut te hi calcium tamna a ni a, ei-in, in thin ang che. Calcium pawimawh dan hi sawi tawh thiam a har a ni. Mut tuina, bahdamna leh nun habchawlbhna tha ber a ni.

Vitamin B₆ hi chaw naranah a awm mang love, Kawrtai ek chnia (black treacle) ah cbauh bian a tam a ni. He vitamin bian briatna tha zamah hna a thawk a, tar lam taksa iothing dat dat te hi vitamin B₆ tlakchham avanga lo awm thin a ni. Tar lama kut khur thjnte pawh hi vitamin B₆ tlak chham avang bawk a oih hmel viay mai.

BUNG XI

Mit:

Daktawr thiam tak Russal Wilder an tih chuan, nute hian an naupai lai atangin chaw ei tur dik tak hi thlang fuh sela, thangharte tan chuan tarmi tvuah hi a tul tawh miah lovang, a tih chu. Chu daktawr vek chuan, tuna kan thiam-na zawng zawng pawh hi chaw ei chungchangah hian hmang ta ila, upat lama thl en blat a tul thin hi, nasa takin a tikbawtlai thei ang, a ti bawk.

Indopui vawi khatna tawp him tē khan Belgium ram chu a chhe nasa bawk a, thl tharlam ei tur a awm lova. Thl chung chuan thingtiang mi sang tam takie chu an mit a mel ta tlac mai a. Daktawr ho chuan theih tawp chhushin an enkawt a, mahse, an tidam thei chuang lova. Fur a han tla ta a, hnim leh thlai te an lo chawr no tan ta a. Mipui rilam chuan, thl chawr no tē tē chu an ei ta a. Rei loteah an minimal chu a reh leh ta vek mai a ni. Hemi thu hi khawvel hmun hraug hrangah an lo briatio mak an ti theuh a, ei leh in atangin mitin damna a lo chang thei a ni tih leh, vitamin A hi mi-in a lo mamawh a ni tih hi an bre ta a ni. Vitamin A chu thlai eng chi leh bring chi-ab te hian a awm a ni. Tin, chumi huan an chhui chhush leh zel-

niah chuan. Butter eng leh bawnghouse dak tha tak takah te hian vitamin A chu a tam tih an hre baw. Nghapui tnia, a thin a tanga an lak chhuah te hi, vitamin A tam bikna a ni. dek-tawr te chuan damio tan an chawh deuh ber thin.

Vitamin A hian mitmal a tihch chauh a ni lova, mitui kuate a tifilin tuifin tichhuak mei reng turin a tarpui thin a ni. Chu chuan nitnu a tifimio a timawi leh zual a ni.

Vawin stangin i mit chu a chaw mamawh zawn taka chawn zel tawh turin inpeih ang che.

Taksa bung dangte mamawh aag bakah mit chuan vitamin A leh B2 leh C leh amino acid chi khat tryptophane an tih hi a mamawh zual bik a ni.

Thlai hring chi leh thlai eng chi-atte hi a carotene an tih hi a awm a. Chu chuan thian hian vitamin A a siam chawp ta thin a ni. Thlai hring leh eng chi ho hi tam cawn nituin el tnia ila, mit chu a tra reng mai ang. Bawnghouse-ah hian vitamin B2 (riboflavin) chu a awm a, ser tui sawr ah hian vitamin C chu a awm baw a. artui leh Butter ah te hao tryptophane chu a awm baw a ni.

Mi thenkhat chu an nita vaivat lut ang hian a ngap thei a. Churang chu Vitamin B2 tlak-

chham vang a lo ni a. Chaw ei apiangin riboflavin milligram thum zel ei tel sela, chawlhkar hnib hnuaa chuan a tba leh vek mai ang.

Mit tâna chaw tha chu bre mah ila ei tur a awm mai thei thin lova. Chuti a nih chuan mit tibhahdam hi a pawimawh em em a ni. Mit vela tibrâwlte hi a lo chak lo thei bawk a, sawizawi ve fo te pawh hi a tel thin. Tin, chaw tha a i mit i chawm thei lo a nih chuan tarmit tha ber ehi, i mit nêna inmil chi-h leh i hmel nêna inmawi tak mai chu thlangir lei ang che.

Tarmit chu i mamawh lai chauh in vuah la, i mamawh lem loh lai chuan vuah reng suh ang che. Tarmit i vuah chhung chuan i mit a hahchawl thei lovin a. Chuvangin ramhnuaia i kal laite, kal-kawza i kal laite chuan vuah lovin awm reng ang che. I mit chu a hahdam thei ang berin awmtir ang che.

Tarmit vuah lova i awm thei lo a nih chuan, a chang chang tal-in thu la i tarmit chu la thla la, i mit chu zawitê-in maimitchhing la. I kotphah ukum ve ve la, i mit chu zawi tê-in hup ping thlat la. Êng pakhat mah lut lovin, a thim thei ang berin hup la, i mitmu erawh chu nem tel reng reng suh ang che. Chutiang chuan i thaw han la vak la, zawi muangin chhuah leh thin la. I rilruah engmah ngathuah lo la, a thim thei ang

ber chauh suangtush la. Vawi thum vawi li vel i
 thaw i lak halh halh hnuah i kut chu la la, meng
 leh ang che. A hma ai chuan nasa takin i meng
 fiah tawh ang. Hetianga mit sawisak hi 'Palming'
 an ti a, New York-a Doctor pakhat William
 H. Bates an tih chuan a ching chhuak hmasa ber
 a ni.

Kemi bakah hian mit hrui leh tibrawl chak
 lo tihchak dan insawizawina chi ruk a awm leh a
 Chu chu tangkai tak a ni a, mit-kalhte pawh a
 reh thei hial a ni.

Thlawhna khalhtute mit an exam thio'e hian
 netlang insawizawihna lo tithangho hi chu an tling
 zar zar zel a ni. A vaia i ti peih lo a nih pawh-
 in a pangana tal hi chu ti thin ang che.

1. I lu tiche miah lovin chung lam leh hnuai
 lam en tawn sek ang che.
- 2 Vei lam tawp atangin ding lam tawp en leh
 thin ang che.
- 3 Chung lam en la, i mit sirin vei lam en leh
 la, chumi dawtah hnuai lam. Tin, i mit ding
 lam sirin ding lam en leh ang che.
- 4 Chung lam en la, i mit ding lam sirin ding
 lam en la, tin, hnuai lam. Chumi hnuah vei
 lam melh leh ang che.
- 5 I mit mu kha vei lam atangin ding lamah ti-

let la , chumi hnuah dinglam atangio vei larnah
tilet leh ang che.

6. Pawnsah thu la, i hnar zum kha en la, chumi
zawhah tläng bla ber en l-h ang che.

Thalai mit chu englai pawh a khap reng a.
na taka khap sawk sawk pawh ni lovin zawi tê
tên an khap reng thin a ni. Mi upa lam tawh-
te erawh hi chu an taksa a bahchawl lo ang bawk
hian an mitte pawh hi a rin bik a, khap nachang
hre lova dien kuau reng mapte hi an ching a. An
mit hruite hi a rim êm êm bik a ni.

Tun ataog chuau mit khap nachang hre tawh
ang che. Kawnga i kalin i ke pen zatio i mit
khap tel ve zel i, lenkha i chhianin tlar khat i
chhian zawh apiangin i mit khap hnasa zel ang
che. I tib than hnu chuan, i ngaihtuah mang loh
lai pawh khân i lo khap zah tawh ang a, i mit
chu a fim tawh tawh ang a, tlo pawh a tlo
zawk d.ih tawh ang.

Mit nautea thil pawl lo awm thin hi Cataracts
an ti a. Hei hi Vitamin B2 (Riboflavin) tlakchham
vanga lo awm nin an swi. Kan ungah au chhin
tawh a, mit nautea thil pawl lo awm tantir tawh
hi riboflavin tam tawh takio an chawm a, a in
belchhhah ta reng reng lo mai an ti. A awmsa
erawh chu a reh chuag lem lo. Chuvangin upat

lumah chuan B2 awma chaw, khamir te, bawngbunte thurle. Bawngbunte phutte hi ei tam tor a hi.

I mit ala fiah lai reng pawhin inthlahdah sub ang che. A chaw mamawh zawnge ei thin la, insawizawizate khi ti lo thin ang che. Mit a chak loh chuan lûte pawh a na thei thui a, a hai thei bawk.

I HÂ KHA:

Chicago khuaa ha lam thiam Doctor pakhat Mary Lohman an tih chuan, "I pian hma atang-in Dentist io entir ang che," a tih chu. A ti mak vian a ni. Mahse a dik tlet si. Nausen, pailai te hian, Calcium an mamawh tan tawh a, chu chu a nuia ueib tam tawk leh tawk loha zir a lo ri a. A nu ha a var that viau chuan a fa ha pawh a tha dawn a. a nu ha a chhiat viau chuan a fa pai lai ha pawh a chhe dawn tihna a ni.

Europe rer, mhring, Scandinavia mite Italy rama mite hi an ha a faia a tha em em hlawm a. America-ah khuan an zu pem a. Kum thum kum h vel an han awm chuan, an ha chu a chik qok ve ta mai thin a, an tih chu. A chhan chu America rama khuan calcium tla chham chaw an ei tam a, ho tiebhe chi thil thlum an ei uar chung em em a ni.

Ha hi kum tam avanga chhia a ni lova-
kan thil ei avanga chhia a lo ni zawk. I dam
chhung hua a daih ve theih nan i ha chu chaw
chi li in chawm ang che. Chhung chu, Calcium
te, Phosphorus te, Vitamin C te Vitamin D te
en ni.

Calcium leh Phosphorus awma chu bawng-
hnute tibthur te, butter te a ni. Chhung chu ri-
tin ei la, i ha chu a var tie sar mai ang.

Vitamin C awma chu thei te tomato te,
hmarcha bring te, ser tui thailam tak tak te hi a
ni. Heng hi ei tam la, i hahni chu a sen vup
ham reng mai ang. I hahni a thi chuan vitamin
C i tlachham a ni ang.

Vitamin D awma chu sangha thin thau (hri-
ak) ah a awm a, ni zungah a awm bawk.

Thil thlum ei uar mi chu an ha a tlo thei lo.
Chhiblum bian ha tuamte (enamei) hi a ei rala,
ha a ngét dubla a mawih te-pawh a mawih tho
a ui. Hmuamral hmuam te hi a tlo a ni. Thei
thlum tak tak te kan ei pawh bian, ei zawh velen
kam thuah fai thin tur a ni.

Ka muat hi ha thi a ni a. hrik engemaw a-
vanga lo awm a ni. Ha hi pakhat chauh pawh a
muat chuan a hlauhawm em em a ni. Khup ruh
pawh a tina tel thei a ni. Chuvargin ha muat
chu phawitir thuai tut a ni a, a toa khabe ruh

pawh agun taká dandawia enkawí tur a ni. Ha muat hrik-chuan khabe ruh pawh a timuast thei lehzwai'a ni. Chévangin ha lam doctor thiam ber' berte rawih a pbe hle a ni.

Ha nei tawh lo tân pawh ha siam chawp tal ni hman tur a ni. Ha siamnte hian a hmanngu hnel nêna inrem taka ha siamte hi an thiam a. Hmai hlai deuh tân ha hlai deuh an siam a, hmai sin deuh tân ha sin deuh an siam mai a. Tin, hnâr leh hmai inkerte an teh vek a; engtia seia siam tur nge n' ang tihte pawh an hre vek a ni.

Ha siam chawp hian chaw ciah mi a tanpui a, tawngte pawh a tifiab êm êm a ni. Amah ha lem chuan Calcium chu a mamawh haup lova, mahse sil fai fô a mamawh thung. Hahni leh khabe ruh-in calcium a mamawh tam tial tial thung a, chavangin upat lemah chuan calcium bi ei tam tial tial tur a ni.

S A M T U A K :

Sam tuak leh lo kawih hi a pumpelhoa zawng-in mithiam tam takin an ber mek a, an blahtlin-na pawh a awm nual. A thagpui thuin Chinese ho hli an sam a tuak har bik a, a chhao chu, an chaw ciah Vitamin B a tam bik vang nian a lang. An chaw rin pui ber chu songha to, bekang to, thilab bubai lahto, bnumnah to, bahfai thiah nawn lahto, thilab okhum, hmin cheng cheng

chhum te hi a ni. Irish-mite hi chutiang deuh bawka sam tuak har m chu an ni ve. An tui in leh an thlai chhite khi Iodine pai tam chi vek a ni a, (tulfiriati kama rannungte leh thlaite reng reng chu Iodine pai tam chi vek an ni), chuang-in an sem a tuak har a nih a ricawm

Mi thiamten an chhui chhuath danin sam dum tha tak leh brisel tak nei tur chuar, Vitamin B group zawng zawng leh iron leh Iodine hi an pawimawh a ni an ti .

Sam tuak tur ven hi thil harsa vak a ni lo. A chaw mamawbzawng hi ei reng i-la, tichuan a tuak lawk lo mai ang. Amaherawhchu a tuak tawhsa tidum leh tur chuan kum engemaw zat chaw tha tawk ei reng a ngai a ni.

Vitamin B zingah pawh pantothenic acid leh folic acid leh para-aminobenzoic acid an tihte hi sam tuak tawh hnu tidum leh tur chuan an tang-kai bik-in an sawi.

Mipa zingah chuan Vitamin B chi khat inositol an tih hian lu kawh tawh laiah sam a toir leh thei a ni. Iodine hi luruh vela thisen a kal that theib nans tanpuite a ni . Chuvingin Iodine a tlem chuan luruh vela thisen kal a tlem a, chu chuan sam thang tha tur a tichuanawp thei a ni. Iron atlem chuan thisen kal vel a nem ve leh thang a ni.

Hèng atang hian lu naih tak nei thei tur chuan chaw tha bawk a pawimawh leh ta tih kan hre thei ang. Sam tuk danna chaw-te hi a theih hrâm chuan chhum hmin loh tur a ni. Folic acid pheh hi chu a sat chuan a thi mai a ni. Chhang-thawp si-mra khamirah hian heng sam chaw chi thumte hi an awm kim vek. Bulgarian ho chu, bawnghte thur (d+hi) ngawt hi chawah an ring bawka, kum sawmsarih hou lamah pawh an sam ala dum e an tih chu. Bawnghte thurah pawh hian sam dumna chaw chi thumte khi an awm kim vek bawk a ni.

Inositol tamna ber chu kurtai êkchhia (black treacle) hi a ni a, khamir-ah a awm bawk a, sathin-ah a awm bawk. Iodine chu tuifinriat kama hminah te a awm a, sangha-ah a awm bawk a, kaikuang leh tuikep-ah te, chengkawl leh chak-ai ah te pawh a awm bawk. Sathin-ah hian iron a tam viau bawk.

Coffee hi sam dum duh tan chuan a in chi yok loh. Coffee hian taksau vitamin zawp thei-hote chu a tlogfa niin a lang. Chuvangin coffee alah thil dang in zawk a tha ang.

Sam hi a fai loh chean a naih thei ngai lo. Chuvangin englai pawhin fai taka vawn reng tur a ni. Tin, a chug changin i sam kha tham kham la, phit sawk sawk thin ang che. I lu vana thisen a lo luan tam lehzuai theih nan. I phih

sawk sawk hnu chuan lum deuh pap papin i bria ang a, chu chu thisen tam tawh a lokal tinna a ni ang. Lu leh sam a brisel zawk theih nân ni khatah wawi khat te chu phih sawk sawk tho tur a ni.

Pa pakhat chhip kawlh vek tawh hi accident ■ tawh avangin doktawm a lu vun chu, a mit bul velah a bel sak ta a. A dam hnuah chuan, a mit velah chuan sam a lo to ta chhum mai a! Mak an ti hlo a ni awm e. Lu vun, sam tlâk kawlh tawhnaah khin, thisen, a lo chawm that deuh tak avangin sam a lo to leh thei ta tlât mai a ni.

I Vun Kha.

Vun hi protein-a siam a ni deuh ber a, chavangin protein a tlakchham chuan a zawh hnuk tho. Hmai vunte hi fân thei leh tawm thei a ni. A fân thei leh a tawm theina hi thi pakhat collagen an tih chu a ni a, chu chu protein coll- te ukara a char belhawn chawntu a ni. He thi hi a fân leh ■ tawm thei laia chu a ni. A fân leh a tawmna hnaah chuan vitamin C hian a lo tanpu ve thung a ni. Vitamin C tlakchham chuan a tawm thei lo emaw a ni ang a, a dul hnuk mai dawn a ni.

Im. Vitamin B zinga ni pantothenic acid hi vuchuar tur tirehtu a ni bawh.

Mi thenkhat chu, kum sawm ruk, sawm sarih-ah pawh, vun mar tha tak, mām tle sarh mai te an la nei thei a. Hēngte hi awm palh mai mai a ni haoh lo. Chutiang mite chuan sa-um leh thei chi hrang hrang an ei tam thang tih a hriat a ni. Thil thlum sathiah tangkai mang hlei lovah an inti hah duh lo bawk.

Mihring kan lo upat tial tial-in vun a ro duh a, a thep hrusam duh bawk. Hei pawh hi vitamin A tlakchham vang a ni. He vitamin A hi, thlai eng oil, carrot te, thingfanghmate, maitsite-a thil awm chuan thinah hian a siam thin a ni. Thlai hring chi-ah te pawh hian vitamin A siamtu chu a awm deuh vek bawk. Vitamin A hi kan taksa-ina a hman sen loh khawp pawhin lo ei ila, a borai chuang miah lova, Thau-ah a indah tha ve zel ringawt mai a ni.

Vun tino reag tur chuan vitamin B chi hrang hrangte pawh an pawimawh vek mai. A bik tsikin B, hian thisen kal a titha a, vun hmel a ti-sar a ni. Hmai dang beibuiho tante hian B, chu a pawimawh lehzuat dawn a ui. Hmai leh kutphah a hring deuh nguh lo awm thinte hi B2 tlakchham vang a ni. B leh B2 tamna ber chu khamrite, sa-thin te, bawngnute thur te, butter te hi a ni.

MIT VAL :-:

Mit houai chiah hi vun pan takin a tuam a.

Chuvangin a chhunga thisen kal chu pawn lam a-
tangin a hmai em em bik a ni. Thisen kal vel chu
a bawhlhlawh viau chuan a duk rubin a lang ang
a, thisen chu a thianghlum viau chuan a sen sar
hlarb thung ang. Chuvangin mit bul vel hi thisen
a thianghlum leh thianghlum loh en fiah nan a tha
hle a ni.

Darthlalangah ngun takin hmel hi iner thin
tur a ni. Mahui hmai vun awmzia te hi chik taka
hriat tum tur a ni. Thisen a lo bawhlhlawh chu-
an oxygen kar hip tam tawk lo tihna a ni a, kan
thisenah Carbondioxide leh bawhlhlawh dangte a
tam hle tihna a ni.

Kan chaw eite hi teksaa a ban kal hian thisen
tiduk theiu an ni deuh vek a. Amaheravh chu
a pawlh danglam tutur thil dang kan ei tam ve
thung a tul a ni. Chu chu ser lam chi reng reng
te leh thlai hnah hring chi leh thlai eng chue reng
reng hi ei an ila, chu chuan thisen duk tur kha
a tiler ve thung dawn a ni.

Kan hmai vun chuar din kalhmang hi kan thil
ngaihtuah thin a ziriu a awm thei. Mi rilru ngui
chi chu an hmai chuarin houai lam a bawi a, mi
blim thei mite chu an hm i chuarin chung lam a
bawi thin. Mi rilru khauh leh mi tum roh takte
chuan an beh an clip hmak reng maia, kan houai
chung lamah hian a khamphetin a iorin ruak tum.

Mit vela chuarte hi hmela thil chuar awm hmasa pawl an ni a, blin na avanga lo awnte pawh a ni thei. Mit leh mit iukara a tung-zawnga chuarte hi chu mahoi ritru hmangrim zualte awm dan deuh a ni.

Hna thawh leh ngaihtuah inang chi deuhho chu an hmai chuar dan a inang thin. Speaker te Lawyer te, lem changtute hi an biangah a chhuk zawngin a intin thla ruaka, an khabe thleong hiala inrin thlate pawh aa awm. Hnuai lam bih ngata hna thawk ho. Clerk te, puan thuite, ang hi an khabe chuanglai an nei duh chawk, an khabe an nawr beh thin avangin. Natna toar thangte chuan an hmash chuar te tak tē tē an nei teuh duh. Kutzia anga hmash zia chi hrang hrang lo awnte hi upat vang kher an ni lava, a pawina hek lo. Hmai mar mam purhte—hi ngaihno an ber hrangpa b'k love. Chaw chhiar avanga hmai vun chuar tip tep te—chu a awm thei bawh. Hmai vun chu lo chuar te mahse a hmawrio hausu lam a hawi tur a ni love chung lam hawi an ni vek tur a ni. Hnuai lam a hawi a nih chuan kum tam tak chhuengin darthlalangah i inen lo a ni thei e. I inen pawhin a tha lai hauh tum lovin a tha lo lai ngawt hmuh i lo tum thin a ni ang.

Darthlalangah lo—en la, han sui ver ver teh. I him lai hmeh hi i la inhma ngai lo a ni ang e? I him lai chuan i hmai chuarte chuan chung lam

a hawi vek zel ang. I hmel tha lai chauh kha en
thin la, i hmel awmzia kha hre chiang ang che.
I lawm lai hrel te, i ngui lai hmel te beisei nei
taka i awm lai hrel te, i beidawng hmelte kha
iuhre vek ang che. I upatzia hmuh tum lovin ila
tleirawlzia ngawt kha hmuh tum zawk ang che.
Hlim takia i hrel chu en la, thian duh takte hmel
i en ang kha en ang che. Mahni hrel hi hmel-
hriata lawmgeh a tul a ni. Chu chu mi tam
takia kan a thia. A dithlok hle mai. Lazabpui
lovin kan i ngui zawk tur a ni.

BUNG XII

Inb. klawka khawsak dan.

Misela tha lei tur chuan a i buktauka chaw
ei a tul a, hrel mawi tak nei tur chuan thisen
zan inbuktawk apawinawh a, Chutiang bawkin
lawmgeh mawi tak nei tur chu n khawsak dan
a buktauka pawinawh leh ta a ni.

Kan hun chawhuu lam hi k n khawsak dan
tia-dik hun chu a ni. Accountant chuan a Lebkha-
bua a thul ziate chu a lur leh chhuak lamte fel
vakia a dab rem thlap thin. Chutiang bawkin dam
chhuug hun pawh ni lebkhabu ang tho a ni a, ni
tin hi phak khat zel ang a ni a. phak 36500 vel
a awm a ni.

I nanna buah chuan i hun chawhma lam zawng chu a inziak tawh a, a phak awl laite pawh a awm mai thei e. Pawi ti miah suh ang che. Mi hl. whaling ber berthe pawh hian an hun chawhnu lam chauh a ni an hun piwimawh chu an tan tho ni. Nula Wangvel lai chuan mi rel saab kan thawk mai mai thin a, hoi kan thawhte chu kan duh vanga thawk ni lovin kan hnuh theib chhun a nih awgin kan thawk mai thin a, a nawm leh nawn lob pawh kan ngaihuah hman ok tak thin lo. I hun chawhma lam chu i lo kmang tha tawk lo deuh pawh a ni ange, cawhnu lamah a khuh nân finkbur takin i bei ve thuag mai tur a ni.

∴ I nungchang slam rem rawh ∴

Mi kawm tak tak nge i nih mi thil phal tak nge? Ngaihtuahna leh suangtoahna mai maia lungawi thin mi nge i nih a, a tha tin ngei chaaba lungawi chi nge i nih? Mi pangngai kau tih hi chu a tawo tawo mi kawp ve ve thei hi an ni. Kawm lutuk lo, thil phal lutuk lo, mahni chaur ingaihtuah lova mite thatoa ch-uh pawh ni bik lo. A awm tawk an ah ang hi mi pangngai awm dan tur chu a ni. A petu nih bawk a, a dawngtu pawh nih bawk tur a ni. A huanh chuan hah takin awm tur, a huanh chuan ngawi chawi deuh a awm bawk mai tur a ni.

I thil lo tawh tawhte chuan i awm dan chu i hrik fel vek tawh ang. Mipa, nupui leh fa chawm

laite, minu, pasal nei tawh lova fate enkawl mekte, tlawogawl lai, chbungkaw enkawltu ni mək site chuan an nungchanga a dinglam, a harbvang zawk chu an lo hmang thang tawh a ni.

Kawng leblamah chuan, minu pawh mipa pawh midang ngaihtuah tur nei lova mahri chauh lo inbualpoi thinte chuan an nungchang vei lam pang chauh an lo hmang thang thua a ni. A khalitu ni lovin a chunga chuang ang chauh an ni a, a tiha titu ni lovin a suangtuahlu chauh an la ni. Dam chbung inlaosiaknaah hian an tel ve lova, a thlirtute chauh an ni.

I nungchangah a englam zawka pawh chu lo hmang thang tawh la, tunah chuan a pang khing leblam chu i hman ve thung a hun tawh a ni. Vei lam a that tawh chuan ding lam siam tha ve tawh la, ding lam a that tawh chuan vei lam siam tha ve tawh thung ang che. Nangmahah khân siam that theih tur hmabâk tam tak a awm a, chumi siam that hna chu i tau dawn ta a ni.

Mahni inring tawh tak mi i nih chuan tun atang chuan mite rin ve tun tawh la, a petu ngawt a i tang thio a nih chuan mite pawhna pe ve tawh che rawh se. I tawng teub thio a nih chuan a ngathlatu nih ve tawh tun ang che. Zirirtu i nih chuan i thil hriat ngai lon zir turin sabuasaah ve

tawh ang che. Mi thu tak deuh i nih chuan fiam-
thu thawh ve tawh la. Ra taptawm i nih chuan zin
chhuak ve thin tawh la. I finkhur lutuk a nih
chuan namul deuh khawak ching ve deuh tawh
la. Huobi nei taka khawsa mi i nih chuan zanah
hawn nchlang hre lovin leng ve tawh la, a tuk chu
nilengin mu ve thuag la. Thil tih ngai tih reng
hi a ninawm ve a nia.

:- Rilru Iabuk tawh :-

Taksa brisel tur chuan insawizawi thin a tul
ang bawh hian rilru brisel tur chuan sawizawi thin
a pawimawh ve a ni. Insawizawina chi hrang
hrangte chu hengre hi an ni.

- (1) Nitin minit sawmpenga chung tal chu 'Ka'
'min' tih tel miah lovin thawng par par han
tam teh.
- (2) I thian hnengh i chan chin sawi la, vaw khat
mah insawisel lo leh uang lovin, i thianpa tana
ninawm hauh si lovin, i theih chen chen han
tawng teh.
- (3) Darkar chawve chung chu thu pakhat chauh
ngaituah han tam teh.
- (4) 'Maw' tih te, 'tirawh' tih te awm miah lo-
vin i thian hnengh thu hen sawi teh.
- (5) A chhang chhangin, ni khat tal chu, midang thil
ngai huiet miah lova, 'aw' tihnei nileng tur-
in mpe thin ang che.

- (6) Thu tithlûkna (decision) engemaw tal chu
siam thin rawh. Siam hauh loh ai chuan
siam sual pawh a tha zawk.
- (7) I ngaihden kha khaib teh. Midang ngaihden
tur atangin ngaihtuah la, a pabnih chuan
khaikhin teh.

Thu rawn pawimawhte :

- (1) Nui rawh. Nuih hi pumpai tinuamtu a ni a,
thisen kal a ti tha bawh. Taksa pumpui hi
a tithar sawt sawt thin. Nuih hawk hawk
dan hi zir ang che.
- (2) Thinrim rawh. Thinrimna hi rilru tichaktu a
ni I thinrim tak tak lai chuan, thu ngawi
mai mai suh. Mut phei chu mut loh tawp
tur a ni Tho la, tei vei ruai la, ang bawrh
bawrh rawh. I ngawin pui reng chuan i thin-
rimna tûr chu nangmahin i lem ang a, a
pawi ang.
- (3) Se se-a thu sawi leh thu awmze nei lova sawi
mai mai chu, thâ kanz sêng thawn a ni.
- (4) I zhawmna chhân hlau suh. Mifing chuan,
ui â nih pawh a hnial ngai lo an tia lawm.
- (5) Thil zir hi bang suh. I thil hmuhte chu chik
rawh. I lehkhahu chhiarte pawh chik takin
zir rawh Chhinchhiah la, vawng rawh. Ri-
mawi i hriat chinte chu chik lehzuahn ngai-
thia la, i mi nmuh thin te, i khaw tlawh thin

te, i thil tawh te reng reng pawh, chik takin lo zir zel ang che.

“Hun kal tawhte kha kohkir leh theih ni sela aw!” tih hi mi tam tak tab hla a ni. Ko kir leh thei la, engtianga hman nge i tum le? Tuo hma chuan i duh dan ni lovin a tul dan ang angin thil i lo ti thio a ni mai thei e. That lai hun hi chuan ngaitlah Chiang Iova thil tih mai mai hi kan ching theuh. Tunah hian engnge ni tih i duh le? I that lai hunte kha ko kir leh thei ta la, engnge i tih dawn? Engtiang chiahio nge i hman dawn? Tunah hian i hun chu i ko kir leh ta mi lovin i hman tawh sia rei zawk kha hun ila sei ta cheu mai. Kum 40 chu mual lo takin i lo hman liam tawh a ni thei e. Kum 60 lai mai, lungfim taka, i duh ang taka hun Lman tur i la sei a sin. I lawm em? I hun kal tawh te sia ropul zawk, hman tlak zawk, tangkui zawk leh nuam zawk chu i hman a la awm e. I duh duh i ti thei rawh ang. I thu thu in i awm thei tawh ang. Lohkha zir i duha : lo zir hman lo a sia chuan tua atangin i zir tan thei tawh e. Hna thawh a tul chuan i tu leh faten thawk tawh zawk rawh e. Nang chuan i hna laiin i thawk zawk tawh e. Zin i duha i zin hman thio lo a nih chuan zin tawh ang che. Ram vah mai maite i chik chuan zen thum riakin buha: leh chi fun ia. rik bo daih mai rawh.

I naupan laia thil tih i chāk, tuz thlenga i la chāk a awm em? A awm chuan ti ngei tawh ang che. I thil tih chāk zung tak i tih chuan rin aia i chhel viau ang.

I thil hlaub thiote chu tilui la i ngam mai ang Vantlang zinga thusawite i hlaub thin em? I hlaub chuan tilui rawh. Mi zinga thu sawi hi rilru slam thatu pawimawh tak a ni. Mahni ngaibdan fiah taka sawi thiamte hi a pawimawh a, lehkhia zik theote pawh hi pawimawh tak a ni. Zlak thiam tawh phawt chuan mahni chan chin hi zik theuh tur a ni. Midang chhiar atân ni lovin mahni chhiar atân chauh. Mahoi nungchang inhriat chlan nân a pawimawh hle a ni

Nangmah indap la, talent tha tak i la hman ngai miah lobte a lo awm mial palh thei a, indap chiang la, i lo veih mial chuan chu chu thihhan len a hun chiah tawh ang.

Thil eng mah hi a thlawn mai malin tih tawh lob tur a ni. I thil tih chu hlutna nei tham, suma chantir theib ngei chaun oi rawh se. Sum chu i mamawh lo u nih pawhin, mi retheite pêk atan tal pawh, i tal tibte chu sumah chantir zel ang che.

Kan that lai chuan, hmangaihna thichlung a-
vangan engkim tih kau chāk thin. Nupui pasal in-
hmangaihna avang te, nula thlangval inhmangaihna
avang te, nu lei la len pa leh ia inhmangaihna a-
vang te, u leh nuu inhmangaihna avang te, thian
the inhmangaihna avang te, u n tal la n tak a

ti thin a ri. Kan thilunga hmangaih lai kan neih
phawt chuan engkim tih hi a nuam thin a ni.

Upat lamah chuan chutiang hrang-ihna chu
a lo chuai tawh pawh a ni mai thei. Harsatnachi
hrang hrang avangio kan thilunga hmangaihna
awm thin kha a bo ta d'it pawh a ri mai thei.
Chuti a nih pawhna hmangaih tur kan dap leh a
tul ta a ni. In nupa chu in inhmangaih tawh lo
a ni ang e? Inhmangaih that leh a ngai ta. Nu-
l a thlangval lai ang chiah kha in inhmangaih that
leh a tul ta a ni. Nupoi pasal nei lote pawhin
neih that a sual lovang. Nupa tuak tim tak chu
kuoi 60 (s wmrak) hnaa inner te an ui. Kum in-
upat hleih lutuk chu inneih loh a thi zawk. Kum
inthlan vek lo. Nukawm raal deuh ti kan awm
ngai a. Titi ru lthang deuh chin tal an ni tur a
ni. Mel that aini nupa kawpchawite ti an dam
rei dub zawk an tih chu. Riru pengkhing a awm
lovin, kawng engkim lu gawia an awm thein thin
avangio nupa kawpchawite chu an dam rei thei
zawk aum reng a ni.

Tu leh fute hi buaipui tawh loh tur an ni.
Tun hmau riru tibuvitu leh tihatu ni thinte kha
tunah chuan so puitling tawh a, ngaituah an ngai
tawh lo. An mahni pawhin naepang chhua anga
in buaipui chu an dub tawh bawh hek lo. Cru-
vanga stlawogawl takin, zalao takin awm tawh
zawk tur a ni. Chhungkaw mawh chu faten phur

tawh sela. "Cenior adviser" ang chauhin awm tawh tur a ni.

Lêng tul tawh i nih pawhin bantlang turah chuan ingai lêm suh. Nulat tlangval nan hun a tlai lutuk thei lo. Chuvangin thian kawnte pawh hmangha tken kawm tur a ni. Mahni anpuh hlir i kawm thia a nih chuan, (mipain mipa hlir emaw, hmeichhia hmeichhia hlir emaw,) i thian kawm dan tidanglan tawh ang che. Mahni anpuh lote hlir i kawm thia a nih chuan, mahni anpuh kawm ve tawh thung ang che. A tawntawna thian kawm ngeih neih hi tum tur a ni. Thian kawm hluite thlauhtbi ka, thian tharte chauh kawm hi a dik lo. A hlui pawh la kawm ngeih tho tur a ni a, a tharte pawh eihar belh zel tur a ni zawk.

Tin, upat l ma naupang lam kawm theih loh hi a awm thian a. Thei pawh hi siam that a tul. Kum chi hrang hrangte hi aumabni zaw ang zela kawm ngeih tum tur a ni. Naupang zingah pawh thar tho neih tur a ni a, theirawl zingah pawh churang bawkin, mahni aia upa lehzuhte zingah pawh neih tur a ni.

Thesaw n khawvengte hmangah theih hi a pawimawh ber. Midangte i hmangah theih chuan ktawveta mi zalen ber i ni ang. I kalna apiangah hmangah i hmu anga ngaisak tur i hmu anga, ngaisaktu pawh i hmu nge nge ang.

A khor tawkin inth egthawna hun hi a awm tur a ni. Kan ranah chuan zaikhawm leh lam vut

wut maile hi rilru tih engthawle: hun tha ber pawl a ni. Mi ramah chuan Club-ah zan tin an la e thia a. Cha pawh che rilru tih engthawl nao leh takas sawicaw! nan a the em om biwk. Mah-ai i: shtanga siamthi taka ta-o phar deh deh mai pawh hi rilru leh takas nah chawh nan chu- an a the ble a ni.

Sum deh dan the zawk:—

Khawsak dan thera khawsak a lo tul tak si chuan, sum leh pai deh chhuah dan leh a hmas dawak pawh piao ther a lo tul ve leh dawn ta a. Tun hmas kan pawisa sen uerna lam kha nar tawh lova, si leh in the sawk lei nana kan hman a lo tul dawn ta. Zuk leh hmuam atana kan sen so zawog zawog kha Varnis lei nan kan hmang tawh ang a, chaw tlinglo, eng emaw mai mai lei nan kan sum sen thi kha chaw tling ngai chawh lei nan kan hmang tawh ang. Kan buao zimteah chuan thei narao Bâl leh Fanghma. Vaimin tih ang rengte kan ching khah lai thin kha, ching rawb lovin, taksa tana tha ber chi thlai buah hring, antante zikhunte carotte, bul- bawte, boante chin nan kan hmuang tawh zawk tar a ni. "Ka oi chât" tih vanga oi lovin, "a-ma-mah" tih vanga zawk iz chawhach chi khang hmuangte chu kan lei tawh zawk dawn a ni. Thi tawh tawh lam reng reng lei lovin, thi thirli n the ang vanga chawh kan lei tawh zawk dawn a ni.

Naupangin Sweet a ngen chuan thei kan lei sak zawk tur a ni. Thei a awm loh pawhin Vitamin C emaw tal lei sak zawk ila. A ba tha lai hmuamrala kan tihchhiat sak ai chuan vitamin C in a hahni kan tih brisel sak zawk dawn a bi.

Kum tina leipui vah ziah ai chuan huan zim deuha uluk taka thei chin a tha zawk a, tha leh sum sen a tlem zawk ang. Lo vahna thain bawug ek chhek mai zawk tur a ni.

Pumpui that loh avanga inzai man ai chuan, ha siam chawp man chu a thawn zawk a. Ha siam chawp hmuangin chaw chu chip tha tekin a thial theih a, pumpui natna chu a pumpelh theih a ni.

Tin, hna thawh hi khawvela damdawi awm hmessa ber a ni. Hna kan thawh hian kan taksa hi a brisel a ni. Kan thawh loh chuan a brisel thei lo. Kan taksa tihrawl chi hrang hrang hi a tawkfang chuan a tang thin tur a ni. A tan miah loh chuan a zawr thla tial tial zel a ni. A chet than erawh chuan a chakin a brisel reng thei a ni. Chuvaingin kan damdawi tha ber pakhat chu hna thawh hi a ni. Amaherawh chu chauh darna khawp chuan thawh loh tur a ni. Chauh nan ni lovin chak nan chauh thawh tur a ni.

Hna thawk tur chuan achhan tha tawz kan mamawh thin. Achhan tha tawz awm lovah chuan kan thawk peth lo. Upat lamah chuan mahniin hna a thianah chawp theih a, a chhan tha tawz pawh a thianah chawp theih bawk. A tul vang ni lovin muan ka thia awangla hante chu ka thawk chauh tawh dawn a ni. Taksa chauhna khawp ni lovin ka tihchêw che ngai lote tihchêw nân ka thawk dawn a ni. Khawlah motora chuan reng ni mahsa ka kai ka thiang zawk dawn a ni. Boruck thianglim hi kan hip tam tawz thei thei lova, kan han kai bah denh hian kan thaw vak vak a, boruck chu kan hip tam denh ngê ngê thin.

(He mahsa chunga thu awante hi ngun taka i chhian a, i sawm bawk chuan, chawp leh chih-
in i lo hahet ngahin i dam rei bawk ang.)

Publisher.

